A

# TREATISE

ON THE

# ASTHMA.

TO WHICH ARE ADDED

## CASES and OBSERVATIONS,

In which the ASTHMA is complicated with the following Diſeaſes:

Catarrhs.
Humoral Aſthmas.
Tubercles in the Lungs.
Conſumptions.
Univerſal dropſical Swellings.
A Dropſy of the Breaſt.
Jaundice.
Gout.
Rheumatiſm.
Chronic Weakneſs.
Intermittent Fevers.
Inflammations of the Lungs.
Abſceſſes and Ulcers in the Lungs.
The Falſe Peripneumony.
Spittings of Blood.
Exceſſive Corpulency.
Severe Headachs.
Teething.
Cutaneous Eruptions.
Obſtruction of the Menſes.
A Venereal Ulcer of the Noſe.
Spaſmodic Affections of the Throat.
Hyſteric Fits.
General Convulſions.

By THOMAS WITHERS, M.D.
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ROYAL MEDICAL MUSEUM
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TO THE

# PRESIDENT

AND

# MEMBERS

OF THE

# ROYAL COLLEGE

OF

# PHYSICIANS,

IN TESTIMONY OF THE GREATEST RESPECT FOR THAT LEARNED BODY

THE

FOLLOWING

# TREATISE

IS

MOST HUMBLY INSCRIBED

BY THE

AUTHOR.

TO THE

# PRESIDENT

AND

# MEMBERS

OF THE

# ROYAL COLLEGE

OF

# PHYSICIANS,

IN TESTIMONY OF THE VENERATION WE
EXPECT FOR THAT LEARNED BODY

THE

FOLLOWING

# TREATISE

IS

MOST HUMBLY INSCRIBED

BY THE

AUTHOR.

# To the READER.

THE following Treatiſe, having been many years in hand, and coſt me much labor and ſtudy, will, I hope, be of ſervice to my fellow-countrymen, who are particularly ſubject to ASTHMATICAL and CONSUMPTIVE COMPLAINTS. This end being attained, I ſhall have my reward. To relieve the miſeries of the afflicted is one of the nobleſt employments of man, and gives the higheſt ſatisfaction to the mind.

Altho' this Treatiſe receives its title from the ASTHMA, and particularly from the CONVULSIVE ASTHMA, yet *Winter Coughs*, *Humoral Aſthmas* and *Conſumptions* are all fully conſidered, along with their ſymptoms, cauſes, and methods of cure. Indeed it would be impoſſible to treat accurately of the former, without including the latter; for they are ſo blended and interwoven in nature, that it is a very rare occurrence

to

to find one perfectly diſtinct from all the reſt. But theſe facts will appear more fully in the enſuing Treatiſe.

The reader will find that I differ in opinion from thoſe who aſſert, that the Aſthma is not a curable diſeaſe. I can affirm with truth, founded on experience, that it may often be cured, ſo as very ſeldom or never to return again, unleſs the perſon is expoſed to the ſame occaſional cauſes which firſt brought it on. *Venienti occurrere morbo* is one of the ſhorteſt and beſt rules for preſerving health and prolonging life. It is the neglect of the Aſthma at its firſt riſe, if not perhaps for many years after, which renders it incurable; and this is a fact concerning many other diſeaſes as well as the Aſthma.

The *Flowers* or rather the *Calx* of *Zinc*, which, when unadulterated and given in a ſufficient doſe, I have frequently uſed with great ſucceſs in the Aſthma, is a remedy well

well known and often given in other caſes of ſpaſms and convulſions. Zinc is a mineral ſubſtance found in the bowels of the earth, in like manner as mercury, antimony, and many other valuable medicines of the mineral kingdom. As its natural hiſtory is ſo fully given by all chymical and materia medica writers, it is unneceſſary here to detain the reader with an account of it.

In this Treatiſe I have endeavored to include every thing which may be uſeful to thoſe who labor under the Aſthma, by way of regimen as well as medicine, and by way of prevention as well as cure. Floyer's treatiſe, tho' full of falſe theory, vague hypotheſes, contradictory opinions, and ridiculous practice, is nevertheleſs one of the beſt on the ſubject, and contains facts which, being drawn from nature, will ſtand the teſt of time. Millar is very ſhort and imperfect. Boerhaave ſeems to have had no diſtinct notion of the diſeaſe; and all the old authors, ſuch as Hippocrates,

crates, Galen, &c. are very confuſed and unintelligible. From theſe, nevertheleſs, and other authors I have ſelected what is uſeful, and particularly from Floyer, who (as I ſhall afterwards ſhew) had a true notion of the convulſive Aſthma, but ſo obſcured with falſe facts and falſe reaſoning, as not to be eaſily diſcovered.

The public Lectures of Dr. Cullen, who has with admirable ſucceſs made the nervous ſyſtem his particular ſtudy, have afforded me the greateſt light on this moſt important ſubject. The ſame remark is alſo true with regard to a former publication of mine on Chronic Weakneſs, which contains many uſeful facts and obſervations ſimilar to thoſe which are delivered by him in his moſt excellent Lectures on indigeſtion, weakneſs of the ſtomach and bowels, and relaxation of the ſolids. I mention this here, becauſe in the hurry of publication I forgot to mention it formerly — an omiſſion which I am very happy in having this opportunity of publickly

lickly acknowledging.—I muſt likewiſe, for the ſame reaſons, confeſs with gratitude, my many and great obligations to the late Dr. Gregory and to Dr. George Fordyce, from an attendance on whoſe public Lectures I have treaſured up many uſeful and important obſervations on the Aſthma, as well as on Chronic Weakneſs.

With regard to ſtile, I have endeavored to render mine ſo eaſy and intelligible, that it may be underſtood, not only by the Faculty, but by others who have not made medicine their ſtudy. Thoſe parts in particular concerning diet, regimen, cauſes, &c. which are the moſt uſeful for aſthmatics to know, are written in the plaineſt language, all hard words and terms of ſcience being carefully avoided.

15
67
FEB

# CONTENTS.

A Treatise on the Asthma —— 1

The History of the Asthma —— 4

The Distinction —— —— 18

The Causes —— —— 27

The Prognostic —— —— 54

The Method of Cure

1st, *During the presence of the fit* 58

2dly, *In the intervals* —— —— 87

Cases and Observations —— —— 127

Part I. Cases of the Asthma treated successfully with the Flowers of Zinc, after several other remedies had failed.

Case I. *The convulsive asthma, complicated with a senile catarrh, of several years standing, cured by the flowers of zinc* 137

Case II. *The convulsive asthma, complicated with the humoral, of many years standing, in which the flowers of zinc were given with success* —— —— 143

Case

CASE III. *The convulsive asthma, complicated with the humoral asthma, rheumatism, chronic weakness, and obstructions of the menses, in which the flowers of zinc were very successfully employed* —— —— 147

CASE IV. *The convulsive asthma, complicated with an obstinate cough of three years standing, on which a recent catarrh supervened, cured by blood-letting, flowers of zinc, &c.* —— —— 155

CASE V. *The convulsive asthma, complicated with the humoral, in a patient of sixty years of age, who had labored under this disorder from childhood, and was become violently affected with anasarcous or dropsical swellings in the cellular membrane, particularly of the lower extremities, relieved by blisters, laxatives, diuretics, and flowers of zinc* 160

CASE VI. *in which the flowers of zinc were given with success in the convulsive asthma, following the removal of a complaint in the urinary passages, of three years standing, which arose from the stone and gravel, and was attended with bloody urine* —— 167

CASE

CASE VII. *The convulsive asthma, complicated with general convulsions and spitting of blood, cured by the flowers of zinc* — — 171

CASE VIII. *The convulsive asthma, complicated with the humoral asthma and excessive corpulency, relieved by the flowers of zinc* — 177

CASE IX. *The convulsive asthma, complicated with the jaundice, cured by the flowers of zinc* — — 191

PART II. Cases of the Asthma, in which the Flowers of Zinc were employed with success from the first of my attendance.

CASE X. *The convulsive asthma, complicated with the humoral, cured by the flowers of zinc* — — — 198

CASE XI. *The convulsive asthma, complicated with the humoral, cured by the flowers of zinc* — — — 204

CASE XII. *The convulsive asthma, complicated with the humoral asthma, general weakness, relaxation of the stomach and bowels, indigestion, dropsical swellings and rheumatism, cured by the flowers of zinc, purgatives, gentle labor, &c.* — — 207

CASE XIII. *The convulsive asthma, complicated with chronic weakness, cured by the flowers of zinc* — — — 216

CASE XIV. *The convulsive asthma, complicated with the humoral asthma, spitting of blood, bleeding of the nose, rheumatism and weakness of the stomach, cured by the flowers of zinc* — — — 226

CASE XV. *The convulsive asthma, following the hooping-cough, cured by the flowers of zinc* — — 228

CASE XVI. *The convulsive asthma, complicated with the humoral asthma and chronic weakness, cured by the flowers of zinc* — 235

CASE XVII. *The convulsive asthma, with an enlargement of the abdomen, following the measles, cured by the flowers of zinc and calomel* — — 239

CASE XVIII. *The convulsive asthma, in a child eight months old, following the measles, cured by the flowers of zinc and tinctura thebaica* — — 244

CASE XIX. *The convulsive asthma, complicated with the humoral asthma, and chronic weakness, cured by the flowers of zinc* — 249

CASE

CASE XX. *The convulsive asthma, complicated with chronic weakness and rheumatism in the head, cured by the flowers of zinc* —— 251

CASE XXI. *The convulsive asthma, in a child five months old, cured by the flowers of zinc and an antimonial vomit* —— 253

CASE XXII. *The convulsive asthma, following the influenza, cured by the flowers of zinc* 256

PART III. Cases of the Asthma cured or relieved by the use of Squills, Cream of Tartar, Mercury, and Blood-letting.

CASE XXIII. *The convulsive asthma, complicated with a dropsy of the breast, following an inflammation of the lungs, in which dried squills were employed with success* —— 267

CASE XXIV. *The convulsive asthma, complicated with the humoral asthma, chronic weakness and universal dropsical swellings, relieved by the vinegar and oxymel of squills; together with an account of the disease of John Strickney, who died and was opened* 270

CASE XXV. *The convulsive asthma, complicated with severe head-achs, and violent dropsical swellings of the lower extremities, cured by cream of tartar and the Peruvian bark* —— —— 282

CASE XXVI. *The convulsive asthma, complicated with a venereal ulcer in the nose, cured by mercury and the Peruvian bark* —— 288

CASE XXVII. *The convulsive asthma, of seven months standing, complicated with teething and inflammatory obstructions of the lungs, in a child fourteen months old, cured by the mercurius dulcis, anodyne syrup, and flowers of zinc* — —— —— 294

CASE XXVIII. *The convulsive asthma, complicated with an inflammation of the lungs, cured by blood-letting, blisters, laxatives, &c.* 304

CASE XXIX. *The convulsive asthma, complicated with an inflammation of the lungs of four days standing, cured by blood-letting, blisters, laxatives, &c. to which is added an account of the cases of Jane Beeforth and Mrs. ——, both treated successfully by the same remedies* —— —— 314

PART

PART IV. Caſes of the Aſthma, in which Tinctura Thebaica, Muſk, Caſtor, Camphor, Ether, Aſafœtida, &c. were employed with ſucceſs.

CASE XXX. *The convulſive aſthma, complicated with a ſpitting of blood, cured by tinctura thebaica, oleum ricini, emetics, milk diet, &c.* —— —— 320

CASE XXXI. *The convulſive aſthma, of three months ſtanding, in a child eleven months old, complicated with a catarrh, cured by tinctura thebaica, leeches, laxatives, &c.* 327

CASE XXXII. *The convulſive aſthma, complicated with a ſpitting of blood, a pulmonary conſumption, and an abſceſs in the lungs, which laſt broke and diſcharged a conſiderable quantity of blood, purulent matter, and ſkinny membranous ſubſtances, treated ſucceſsfully by tinctura thebaica, milk diet, gentle riding exerciſe, &c.* —— 332

CASE XXXIII. *The convulſive aſthma, in a child ſeven weeks old, complicated with a ſpaſmodic affection of the throat, treated ſucceſsfully with tinctura thebaica, laxatives, cool regimen, &c. During the cure of the above complaints, he had the meaſles and ſmall-pox* —— —— 343

CASE XXXIV. *The convulsive asthma, complicated with a pulmonary consumption, succeeding an inflammation of the lungs, treated successfully by tinctura thebaica, cordial mixtures, laxatives, country air, &c.* —— 355

CASE XXXV. *The convulsive asthma, complicated with a spitting of blood, cured by musk, blood-letting, &c.* —— —— 372

CASE XXXVI. *The convulsive asthma, cured by musk, laxatives, &c.* —— —— 375

CASE XXXVII. *The convulsive asthma, complicated with hysteric fits and obstruction of the menses, cured by castor, tinctura thebaica, blood-letting, &c.* —— —— 377

CASE XXXVIII. *The convulsive asthma, complicated with the gout, cured by camphor julep, laxatives, &c.* —— —— 382

CASE XXXIX. *The convulsive asthma, cured by ether, &c.* —— —— 385

CASE XL. *The convulsive asthma, cured by asafætida, &c.* —— —— 386

CASE

PART IV. Caſes of the Aſthma, in which Tinctura Thebaica, Muſk, Caſtor, Camphor, Ether, Aſafœtida, &c. were employed with ſucceſs.

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CASE XXXI. *The convulſive aſthma, of three months ſtanding, in a child eleven months old, complicated with a catarrh, cured by tinctura thebaica, leeches, laxatives, &c.* 327

CASE XXXII. *The convulſive aſthma, complicated with a ſpitting of blood, a pulmonary conſumption, and an abſceſs in the lungs, which laſt broke and diſcharged a conſiderable quantity of blood, purulent matter, and ſkinny membranous ſubſtances, treated ſucceſsfully by tinctura thebaica, milk diet, gentle riding exerciſe, &c.* —— 332

CASE XXXIII. *The convulſive aſthma, in a child ſeven weeks old, complicated with a ſpaſmodic affection of the throat, treated ſucceſsfully with tinctura thebaica, laxatives, cool regimen, &c. During the cure of the above complaints, he had the meaſles and ſmall-pox* —— —— 343

CASE XXXIV. *The convulsive asthma, complicated with a pulmonary consumption, succeeding an inflammation of the lungs, treated successfully by tinctura thebaica, cordial mixtures, laxatives, country air, &c.* —— 355

CASE XXXV. *The convulsive asthma, complicated with a spitting of blood, cured by musk, blood-letting, &c.* —— —— 372

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CASE XXXVII. *The convulsive asthma, complicated with hysteric fits and obstruction of the menses, cured by castor, tinctura thebaica, blood-letting, &c.* —— —— 377

CASE XXXVIII. *The convulsive asthma, complicated with the gout, cured by camphor julep, laxatives, &c.* —— —— 382

CASE XXXIX. *The convulsive asthma, cured by ether, &c.* —— —— 385

CASE XL. *The convulsive asthma, cured by asafœtida, &c.* —— —— 386

CASE XLI. *The convulsive asthma, of seven years standing, relieved by flowers of zinc, musk, and valerian* —— —— 389

PART V. Cases of the Asthma, cured by James's Powder and the Peruvian Bark.

CASE XLII. *The convulsive asthma, complicated with a fever, catarrh, and rheumatism, cured by James's powder, tinctura thebaica, &c.* —— —— —— 395

CASE XLIII. *The convulsive asthma, along with a fever and general œdematous swellings, cured by James's powder, tinctura thebaica, &c.* —— —— 400

CASE XLIV. *The convulsive asthma, along with a catarrh, cured by James's powder, &c.* —— —— —— 401

CASE XLV. *The convulsive asthma, complicated with an abscess in the lungs and a spitting of blood, along with a symptomatic fever, cured by James's powder, &c.* — 403

CASE XLVI. *The convulsive asthma, complicated with a fever, spitting of blood, and ulceration of the lungs, cured by James's powder and tinctura thebaica* — —— 410

CASE

CASE XLVII. *The convulsive asthma, complicated with an intermittent fever, followed by purple spots on the skin, and bleedings from the nose and gums, cured by the Peruvian bark and flowers of zinc* —— 412

CASE XLVIII. *The convulsive asthma, complicated with a spitting of blood, and a quotidian intermittent fever of three months standing, cured by the Peruvian bark* — 426

CASE XLIX. *The convulsive asthma, complicated with a tertian ague, and followed by the influenza, cured by the Peruvian bark* 431

CASE L. *The convulsive asthma, complicated with a slow fever of the intermitting kind of twelve weeks standing, cured by the bark* 436

CASE XLI. *The convulsive asthma, of seven years standing, relieved by flowers of zinc, musk, and valerian* — — 389

PART V. Cases of the Asthma, cured by James's Powder and the Peruvian Bark.

CASE XLII. *The convulsive asthma, complicated with a fever, catarrh, and rheumatism, cured by James's powder, tinctura thebaica, &c.* — — — 395

CASE XLIII. *The convulsive asthma, along with a fever and general œdematous swellings, cured by James's powder, tinctura thebaica, &c.* — — 400

CASE XLIV. *The convulsive asthma, along with a catarrh, cured by James's powder, &c.* — — — 401

CASE XLV. *The convulsive asthma, complicated with an abscess in the lungs and a spitting of blood, along with a symptomatic fever, cured by James's powder, &c.* — 408

CASE XLVI. *The convulsive asthma, complicated with a fever, spitting of blood, and ulceration of the lungs, cured by James's powder and tinctura thebaica* — — 410

CASE

CASE XLVII. *The convulsive asthma, complicated with an intermittent fever, followed by purple spots on the skin, and bleedings from the nose and gums, cured by the Peruvian bark and flowers of zinc* —— 412

CASE XLVIII. *The convulsive asthma, complicated with a spitting of blood, and a quotidian intermittent fever of three months standing, cured by the Peruvian bark* — 426

CASE XLIX. *The convulsive asthma, complicated with a tertian ague, and followed by the influenza, cured by the Peruvian bark* 431

CASE L. *The convulsive asthma, complicated with a slow fever of the intermitting kind of twelve weeks standing, cured by the bark* 436

CASE XLI. *The convulsive asthma, of seven years standing, relieved by flowers of zinc, musk, and valerian* — — 389

PART V. Cases of the Asthma, cured by James's Powder and the Peruvian Bark.

CASE XLII. *The convulsive asthma, complicated with a fever, catarrh, and rheumatism, cured by James's powder, tinctura thebaica, &c.* — — — 395

CASE XLIII. *The convulsive asthma, along with a fever and general œdematous swellings, cured by James's powder, tinctura thebaica, &c.* — — — 400

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CASE

CASE XLVII. *The convulsive asthma, complicated with an intermittent fever, followed by purple spots on the skin, and bleedings from the nose and gums, cured by the Peruvian bark and flowers of zinc* —— 412

CASE XLVIII. *The convulsive asthma, complicated with a spitting of blood, and a quotidian intermittent fever of three months standing, cured by the Peruvian bark* — 426

CASE XLIX. *The convulsive asthma, complicated with a tertian ague, and followed by the influenza, cured by the Peruvian bark* 431

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A

# TREATISE

ON THE

# ASTHMA.

THE ASTHMA being a frequent diſorder, the hiſtory and cure of it have of late greatly engaged the attention of the medical faculty. While the laws and facts relative to the nervous ſyſtem were, as in former times, not much regarded, nor well underſtood, it will not appear ſurprizing that the diſorder, which is the preſent object of our enquiry, was ſo little known to the antient practitioners of medicine. We can indeed find ſome traces of it, interſperſed throughout their writings, but thoſe traces are ſo obſcure and imperfect, that they yield no ſatisfaction to the enquiring mind. No doubt this diſeaſe is more frequent in the preſent æra, than it formerly were, yet it cer-

 tainly

tainly has exiſted time immemorial. The greater irritability and weakneſs of the conſtitution in theſe days, may, in ſome meaſure, account for the greater frequency of the Aſthma, eſpecially if we add the inventive genius, and the rapid progreſs of mankind in all the various arts of modern luxury and refinement. An advanced ſtate of knowledge concerning the laws and doctrines of the nervous ſyſtem, grounded on facts and confirmed by anatomical inveſtigations, is the real cauſe of the improvements which have been made in the hiſtory and treatment of the Aſthma. Now as the late uſeful diſcoveries, relative to the nature and cure of this diſeaſe, are no where fully and clearly ſet forth, it will not appear an unintereſting labour in us to endeavour to render the knowledge of them more univerſal, eſpecially as we hope ſomething uſeful may be added concerning the cure.

Before we proceed to the hiſtory of this diſeaſe, it may not be improper to hint at the ambiguity of the term ASTHMA. Some authors have made uſe of this word in a moſt vague manner, to expreſs indiſcriminately every ſpecies of difficult breathing. But we ſhall employ it in this treatiſe, in the ſame

ſenſe

ſenſe in which it is employed by Dr. Cullen, in his moſt correct and uſeful Synopſis on the definitions of diſeaſes; and therefore, ſtrictly ſpeaking, it will, when uſed alone, ſignify the *nervous*, *convulſive*, or *ſpaſmodic* Aſthma. But as the term nervous is ſo inaccurate and undefined, we ſhall make uſe only of the term *convulſive*, becauſe it is the moſt familiar. The other ſpecies of the Aſthma, which is a very different diſorder from the convulſive, and which we ſhall have occaſion to treat of, is properly named the *humoural* or *ſpitting Aſthma*, becauſe the patient generally expectorates a quantity of an humour or phlegm. This ſpecies of the Aſthma is alſo termed *humid* for the ſame reaſon, and *ſenile*, becauſe it is common to old people. By ſome too it is ſtiled the *peripneumonia notha*, or *ſpurious peripneumony*; but to this name the generality of practitioners affix a very different idea. We ſhall ſpeak of it under the title of the *humoural* Aſthma, and as we ſhall fully explain hereafter what we mean by it, no body, it is hoped, will quarrel with us about a word. The great variety of ſynonymous terms employed in the healing art, have ſerved only to perplex it, and to render it more confuſed and unintelligible, not only

to the world in general, but often to medical practitioners themſelves.

## *Hiſtory of the* ASTHMA.

The attack of the convulſive Aſthma is ſudden, and, at its firſt appearance, the duration of the fit is for the moſt part ſhort. The ſymptoms, which uſually precede it, are languor, flatulency, head-ach, ſickneſs, pale urine, diſturbed ſleep, a ſenſe of ſtraitneſs and fulneſs about the pit of the ſtomach. In ſome caſes there is an uncommon ſtupor, drowſineſs, and heavineſs. The fit is frequently obſerved to come on about one or two o'clock in the morning, or at any hour after the firſt ſleep. The patient wakes ſuddenly, and feels a great tightneſs and conſtriction around the cheſt, with a difficulty of breathing and an impediment to the free admiſſion of air into the lungs. Both inſpiration and expiration are ſlow, laborious, and accompanied with conſtant wheezing, particularly the latter. Great bodily anxiety always attends this diſorder. As the lungs cannot be ſufficiently dilated with air, the paſſage of the blood through the pulmonary veſſels is not free. Hence the face, in full and plethoric habits,

habits, appears red and bloated, and the veſſels of the eyes are unnaturally turgid with blood. The action of the heart is greatly diſturbed, as is evident by the weakneſs, irregularity, and encreaſed quickneſs of the pulſe. During the fit the patient has generally a longing inſtinctive deſire for cool freſh air, which always revives him. A ſmall cloſe room with a fire in it is extremely offenſive to him, and all warm things, given internally, encreaſe the flatulency in the ſtomach and bowels, which is always the moſt troubleſome after a full meal. When the fit has continued a few minutes, half an hour, or an hour, it leaves the patient; his reſpiration becomes free and natural; his pulſe ſlow and regular; his complexion puts on its uſual appearance; and the bodily anxiety goes off. The urine is generally pale, and the ſkin ſomewhat dry before the fit, and during its progreſs; but at the termination of it, the urine, for a day or two, is high coloured and depoſits a ſediment*, and the ſkin feels ſoft and moiſt.

This is the deſcription of a firſt and moderate attack of the diſorder. In ſome caſes it appears in a more violent form, even at its com-

* Floyer, p. 30.

commencement, and continues for ſeveral days before the fit terminates. Sometimes the patient will have one fit, and then remain free from a relapſe for many months*. At other times I have ſeen fits come on for ſeveral nights together, the patient appearing almoſt perfectly well during the day, with his appetite and pulſe both natural.

When the Aſthma once makes its attack, it ſeldom or never fails to recur, though the intervals between the fits are very uncertain†. Relapſes are commonly attended with an encreaſe of the ſymptoms, and the vigour of the conſtitution is gradually impaired, till, by length of time, general or chronic weakneſs

* Floyer obſerved, that longer fits in his own caſe had, in general, longer intervals.

† When the Aſthma is rooted in the conſtitution, it often makes its attack in the ſpring and autumn. In many caſes it attacks periodically, once in ten days or a fortnight. Sometimes it occurs regularly at the full and change of the moon. Floyer mentions a caſe where the fits occurred for ſeven weeks together, and the patient was obliged to ſleep in a chair. But from the ſtricteſt obſervations it is found upon the whole, that there is no certainty or regularity obſervable in the attacks of the Aſthma. The reaſon why the fits ſo often occur firſt in the night, is thought to be owing to the heat of the bed, and the horizontal poſture in which the patient lies.

neſs is induced. The difficulty of breathing in the fits ariſes to a much higher degree, and the ſenſation of tightneſs over the breaſt is ſo great and diſtreſſing, that the patient feels as if he were bound with cords*. His anxiety at this period is inexpreſſible, and he labours in reſpiration, as if every moment would be his laſt. Severe vomiting frequently occurs, and the matter diſcharged is ſlimy and frothy, or of a greeniſh or yellow colour. The hands and feet are cold, and the patient is ſubject to palpitations and faintings. Cool freſh air becomes abſolutely neceſſary. The eyes are prominent; the face is ſometimes pale, and ſometimes high-coloured, bloated, or livid; the pulſe is extremely weak, irregular, and even intermitting; there is a difficulty of ſwallowing; the patient can ſcarce ſpeak, cough, or expectorate during the fit, and the ſtomach and bowels are violently diſtended with wind.

While

* It is very probable both the lobes of the lungs are not in all caſes equally affected with the ſpaſmodic conſtriction. Floyer remarks this of his own caſe, that the conſtriction was chiefly on his right ſide, on which he could lie with the moſt eaſe. This fact we may account for, by obſerving that the left lobe of the lungs was moſt at liberty to perform the office of reſpiration when he lay on his right ſide; for when he lay on the left ſide, the weight of the right lobe, preſſing on the left, would naturally obſtruct his breathing.

While thus laboring for breath, he is obliged to riſe from his bed, not being in the leaſt able to continue in an horizontal poſture, nor to bear even the weight of the bed-cloaths upon him. His ſhoulders are conſtantly elevated, to give the muſcles of the cheſt their greateſt power of action, in raiſing the ribs in inſpiration. At this time too the patient, though before coſtive, will frequently have a looſe ſtool.

When the violence of the fit abates, and reſpiration becomes free*, the cough returns, and the patient begins to expectorate phlegm, which is ſometimes intermixed with blood†. As ſoon as an eaſy copious expectoration takes place, it affords great relief, for the evacuation is made immediately from the parts affected,

* Floyer very properly obſerves, that the difficulty of breathing frequently goes off before any quantity of phlegm is ſpit up, which is a fact of importance, for it clearly denotes the exiſtence of a ſpaſmodic conſtriction in the air-veſſels, as we ſhall afterwards have occaſion to mention.

† Floyer very accurately obſerves, that the ſpit is white, greeniſh, or yellow, and in old caſes, putrid, ſaltiſh, or acid, and bloody. He obſerves in another place, that the ſpit is ſometimes full of black ſtreaks, which appearance I have ſeen in many caſes.

fected,—from the very veſſels which have been contracted with ſpaſm. This expectoration is one of the moſt certain ſigns of the abatement of the complaint, as it denotes the ſolution of the ſpaſmodic contraction of the air-veſſels, which Anatomiſts call the *bronchial* veſſels. Along with this expectoration of mucous matter, intermixt ſometimes with blood, the other ſymptoms alſo of the ſolution of ſpaſm occur, which have been before-mentioned; I mean a moiſture and ſoftneſs of the ſkin, and a ſediment in the urine.

The blood which is ſpit up in this complaint, proceeds generally from a rupture or dilatation of blood veſſels in the lungs; a ſymptom which may eaſily be accounted for, from the great obſtruction of the circulation of the blood through the pulmonary veſſels, during the continuance of the fit. In ſome caſes, indeed, the quantity of blood which is ſpit up, is in full habits very conſiderable, and at the ſame time critical, being accompanied with an abatement of the ſymptoms. But all free diſcharges of blood from the lungs, though they afford relief, yet they are unfavourable ſigns, as they denote greater violence of the diſeaſe, during the courſe of which the very efforts of nature

to relieve are in themſelves ſo alarming. The noſe too will ſometimes guſh out with blood during the ſeverity of the fit, from the obſtruction given to the return of the blood through the pulmonary veſſels, into the left auricle of the heart.

Thus in a ſhort time the fit of the convulſive Aſthma goes off, leaving the patient free from complaint, but continually ſubject to a relapſe. This induces him to be exceedingly cautious to avoid catching cold. But exceſs of care tenders his conſtitution to a high degree, and is, as we ſhall afterwards prove, a very erroneous method of proceeding. In a courſe of years one fit ſucceeds another, and the diſorder in the mean-time increaſes in the violence and duration of the fits, as well as in the frequency of their returns. The expectoration from the mucous glands of the lungs, which ſtill continues to relieve at the termination of the fits, becomes itſelf a very troubleſome ſymptom. The mucous glands are relaxed, and the diſcharge of mucus greater than natural. Hence the bronchial or air-veſſels are frequently obſtructed with phlegm, and from this cauſe the freedom of reſpiration is diſturbed. The patient breathes with unuſual difficulty, although his

his convulſive fit be not upon him. When he firſt wakes in the morning, he has generally a ſevere fit of coughing, which continues till he has got up the phlegm that provoked the cough, by preventing the free admiſſion of air into the air-veſſels. Through the day, at different times, the cough ſtill recurs, but with leſs violence, and in the evening it is often very teaſing and diſtreſſing, eſpecially on any ſudden motion of the body, or in cold damp foggy weather, which obſtructs the exhalation of the perſpirable matter from the lungs.

Thus the *humoral Aſthma* is united with the convulſive, and both together exiſt in the ſame patient. The humoral Aſthma is a diſorder of the mucous glands of the lungs, in conſequence of which they are relaxed, and the diſcharge of mucus, being unnaturally copious, obſtructs the freedom of reſpiration. This part of the diſorder is more conſtant; the convulſive Aſthma is more violent and of ſhorter duration. The humoral Aſthma is more ſevere both with reſpect to the cough and difficulty of breathing in winter; but in ſummer, when the weather is warm, and perſpiration free, it often diſappears totally between the intervals of the fits of the convulſive Aſthma. The convulſive

Aſthma

Aſthma too is ſometimes ſeverer in winter than in ſummer, eſpecially when combined with the humoral, or with a catarrh. But it often happens that the warm weather affords little or no relief, nay even in many caſes it is obſerved, that the irritability of the conſtitution and the rarefaction of the blood is ſo much encreaſed by the warmth of the weather, that the frequency and ſeverity of the fits are greater in the warm and ſultry, than in the cold ſeaſons of the year*. In this caſe the humoral Aſthma is continued on during the ſummer months by the convulſive Aſthma, as a ſymptom of the natural and critical ſolution of the fits. But even in this ſituation of the patient, the ſymptoms of the humoral Aſthma are greatly alleviated by the warmth of the weather, which is by no means conſtantly the fact with reſpect to the convulſive Aſthma.

Along with or after the convulſive Aſthma, either when pure or when complicated with the humoral, there is often a great ſoreneſs in the breaſt, partly from the obſtructed circulation, partly from the ſpaſmodic contraction of the

* Floyer takes notice of this fact, and Dr. Cullen alſo remarks it in his public lectures, and explains it from the rarefaction of the fluids. I have ſeen many patients who had their ſevereſt aſthmatic fits in the dog days.

the muſcular fibres of the air-veſſels, and partly from the frequency and ſeverity of the cough*. Sometimes too there are rheumatic ſtitches in the ſides, which are extremely painful and alarming to the patient; but the judicious practitioner will eaſily diſtinguiſh them from internal affections of the breaſt, by the external ſoreneſs, and the acuteneſs of the pain in conſequence of motion.

The frequent returns of fits ſometimes cauſe obſtructions in the lungs, which, as the diſſection

* We cannot help remarking here that ſome people, eſpecially thoſe who are young and ſtrong, cough more frequently, and with greater violence, than they are under the abſolute neceſſity of doing. The old and weak learn to be more cautious. The act of coughing is partly voluntary, and partly involuntary. It is often out of our power to prevent it, but it is likewiſe often in our power to encreaſe it. It is this additional part of coughing which I am ſpeaking againſt, and not that which is involuntary. The laſt is unavoidable, but the firſt, when violent, is not only unnatural, but prejudicial to the patient, as it injures the lungs, and aſſiſts greatly in exciting pain, inflammation, tubercles, and rupture of blood-veſſels. The brute creatures ſeldom or never cough with greater violence than they can help. It is abſurd to ſtrain the lungs and cough very forcibly, with an intention to get up a little phlegm that ſticks in the throat. The phlegm remaining awhile where it is, would do infinitely leſs hurt than the violent coughing. It may give ſome ſenſe of uneaſineſs for the time, but it would ſoon come up more eaſily of itſelf by that degree of the cough, which is chiefly involuntary, and therefore unavoidable.

ſection of dead bodies clearly aſcertains, appear full of knots or tubercles. Theſe tubercles are moſt liable to occur in thoſe who have naturally a narrow contracted cheſt, in which the lungs have not a free and eaſy motion. They render the diſorder very obſtinate; they cauſe a long continuance of the cough after the aſthmatic fit, and frequently end in ſmall inflammations of the lungs, attended with internal pains, difficulty of breathing, feveriſhneſs, profuſe ſweats, and waſting of the fleſh.

I have already obſerved that the humoral Aſthma often ſupervenes on the convulſive. It is neceſſary alſo to obſerve, that the convulſive often attacks thoſe who have long been previouſly afflicted with the humoral Aſthma. Patients ſubject to catarrhs and winter coughs, during which they expectorate a conſiderable quantity of thick or frothy phlegm, are ſometimes ſuddenly ſeized with violent difficulty of breathing, and great tightneſs over the breaſt, ſo as to dread even inſtant ſuffocation. This new complaint, after having tormented them for ſome hours, or perhaps a day or two, leaves them almoſt as ſuddenly as it at firſt attacked them, and they look back with ſurprize at their happy deliverance from ſo formidable

and

and unexpected an enemy. Their old habitual cough and aſthma, with ſoreneſs and ſtuffing in the breaſt, ſtill remains upon them, but after what they have lately ſuffered, they bear it without repining. In this manner they continue for ſome time, till the convulſive Aſthma attacks them again, and perhaps with additional violence. Thus, by frequent returns of the fits, the convulſive Aſthma becomes habitual to the patient, and he has the misfortune to find himſelf laboring under a complication of two diſeaſes; the one aggravating the other, and both growing worſe.

The convulſive Aſthma ſometimes attacks perſons of a thin ſpare habit, whoſe conſtitutions have been greatly emaciated by a long expoſure to cauſes of general or chronic weakneſs. In ſome caſes it ſeizes patients who are robuſt and full of blood. At other times it occurs in thoſe who are groſs, phlegmatic, corpulent; and in ſuch habits it is often very diſtreſſing. It is frequently connected likewiſe with hyſterical and hypochondriacal complaints, in irritable and relaxed conſtitutions. But it will be needleſs here to enumerate at large the ſymptoms of general weakneſs, which may exiſt along with the convulſive Aſthma,

Aſthma, or be evidently induced by it. That ſubject we have already carefully diſcuſſed in a pamphlet on Chronic Weakneſs, which will enable us to avoid many unneceſſary repetitions.

It will be ſufficient to obſerve in this place, that the convulſive Aſthma, recurring for many years, is capable of reducing the ſtrongeſt conſtitutions, and of bringing on the ſymptoms of general debility. But if it attack a conſtitution already weakened and exhauſted, it is obvious that it will neceſſarily weaken and exhauſt it more. The patient will loſe weight, ſink from his cloaths, and appear emaciated, eſpecially if the veſſels of the lungs are ſo relaxed that a conſiderable quantity of mucous matter is expectorated. The ſtomach and bowels are more particularly liable to be affected in the convulſive Aſthma. They are often ſeized with colic pains, diſtended with wind, tormented with burning heats*, and agitated with tremulous motions, which give a ſenſation to the patient of ſomething moving and

* This ſenſation was ſo ſtrong in the caſe of Floyer, that he attributed his Aſthma to an inward burning heat.

and fluttering within him*. The appetite is greatly impaired. Sleep is often prevented, or it is disturbed and unrefreshing. The menses are sometimes obstructed; and sometimes they are brought on before the usual period; and when plethora prevails, that discharge is accompanied with relief. The patient is sometimes costive, though sometimes he will have loose stools. The extremities, particularly the arms, shoulders, and upper parts of the body, are often affected with great anxiety and uneasiness. Symptoms of fever are not essential to the disease, though they frequently occur, especially when the humoral Asthma or a catarrh is complicated with the



* Dr. Cullen has taken much pains to investigate the nature of atony, or debility in the nervous system. He proves, from a variety of facts, that atony is transferable from one viscus to another, as is very evident in the gout, hysterical and hypochondriacal affections, and many other diseases. The Asthma too affords us a striking example of the same. We shall shew afterwards that it often continues to recur from weakness and irritability of the lungs. If at the same time the stomach and bowels are weak, the atony will sometimes affect the alimentary canal, and sometimes the air-vessels. Floyer has taken notice of the fact here alluded to, and has observed, that slight fits of the Asthma often affect the stomach and bowels, and not the lungs. I have, in several instances, observed the atony, in asthmatical cases, to have been transfered to the stomach and bowels, and when those parts were much diseased, the breathing has been better, and *vice versa*.

convulſive. A hectic fever, with a colliquative diarrhoea, faintings, palpitations, violent vomitings, coldneſs of the extremities, ſwelled legs, and other dropſical ſymptoms, ariſing from weakneſs, relaxation, and obſtruction to the circulation of the blood through the lungs, is common in the laſt ſtage of the diſeaſe*. But a hectic fever indeed will ſometimes occur in very irritable and relaxed habits, when no immediate danger is threatened.

## *Diſtinction of the* ASTHMA.

From the preceding account of the ſymptoms of the convulſive Aſthma, it will appear obvious that the *diſtinction* of it from every other diſeaſe cannot be difficult. The ſudden attack of the fits, the ſhort time of their duration, the violence of their ſymptoms, the ſtate of eaſe and good health between them,

* Old Aſthmas, eſpecially when improperly treated or neglected, cauſe tubercles and conſumptions in lean habits; and in thoſe who are fat and corpulent, dropſies, head-ach, vertigo, apoplexy, palſy, lethargy, and inflammations of the lungs, which prove fatal. Floyer.

Dr. Millar too obſerves the ſame, and particularly mentions ruptures of veſſels, abſceſſes, extravaſation of ſerum, ſpitting of blood and hydrops pectoris, all of which are aſcertained by diſſection. Vid. Millar on the Aſthma.

them, and their returning at intervals, will ſufficiently characterize the complaint.

We have obſerved that the convulſive Aſthma is often combined with the *humoral*; but when this combination of the two diſorders does not take place, the ſuddenneſs and violence of the attack of the convulſive Aſthma will ſufficiently diſtinguiſh it. Should, however, any practitioner, from the inaccuracy of the patient's deſcription of his diſeaſe, be in the leaſt doubtful with regard to the firſt fit, the ſucceeding one will, in all probability, render the caſe indiſputably clear. At any rate the diſtinction of thoſe two diſorders, though it be matter of moment, yet it is leſs ſo than at firſt ſight one would ſuppoſe, for, like the different ſhades of colors, they run almoſt imperceptibly into each other in all poſſible degrees, and the cure muſt be regulated by the general conſtitution of the patient, and an accurate view of the ſymptoms of both diſeaſes taken collectively.

With regard to the *pleuriſy* and *true peripneumony*, the diſtinction of them from the Aſthma is of the utmoſt conſequence; but when the diſorders are pure and unmixt, it is ſeldom or

never attended with much difficulty. Great pain in the breaſt, ſides, or between the ſhoulders, a painful, hot, laborious reſpiration, along with a cough and general fever, will ſufficiently denote the preſence of a local inflammation *. The inflammation of the lungs or pleura does not attack ſo ſuddenly, nor return at intervals like the convulſive Aſthma, which, at firſt, is generally of much ſhorter duration, and attended with little or no fever. If the convulſive Aſthma be combined with a pleuriſy or inflammation of the lungs (a caſe which ſometimes occurs) the diſeaſe truly puts on a moſt alarming aſpect; for the ſeverity of pain and violent difficulty of breathing, with general fever and a miſerable depreſſion of countenance, render the patient a melancholy object of compaſſion. In this caſe, as the inflammation is far more immediately dangerous than the Aſthma, it is common to give it our firſt and greateſt attention; but the Aſthma muſt not be overlooked or neglected, as it will tend to throw great light upon the general nature and cure of the whole diſeaſe, viewed in its complicated form.

The

* Sir John Pringle on the diſeaſes of the army.

The *falſe pleuriſy*, which is the rheumatiſm in the muſcles of the cheſt, is eaſily diſtinguiſhable from the convulſive Aſthma, by an acute pain in the ſide, encreaſed by motion and external preſſure. Other rheumatic pains in the joints often occur along with it, and diſcover its nature more fully. The characteriſtic ſymptoms too of the aſthmatic fit, which have been before mentioned, will put the matter out of diſpute. We have obſerved in the enumeration of the ſymptoms of the Aſthma, that the falſe pleuriſy is frequently united with it.

The *peripneumonia notha*, or falſe peripneumony, is another diſorder, which is ſometimes confounded with the Aſthma. But Sydenham very properly obſerves, that the fever, which attends the falſe peripneumony, is ſufficient to diſtinguiſh it. The mode of its attack, likewiſe, is very different from that of the Aſthma. It begins often with ſymptoms which are mild, and apparently without danger; but afterwards it encreaſes gradually, though rapidly, to a very alarming height, and the patient, if he has neglected himſelf or been improperly treated, is quickly hurried out of life*. But this

* Vid. Boerhaave Aphoriſm. § 867, de peripneumonia notha.

this attack, though apparently ſudden, is not near ſo ſudden as that of the Aſthma, nor does it come on in a ſimilar manner after ſleeping. There is too, for the moſt part, a dull deep-ſeated pain in the breaſt, encreaſed by inſpiration and coughing, which does not commonly occur in the Aſthma. Thoſe laboring under this ſpecies of the peripneumony are generally of a phlegmatic habit, ſubject to catarrhs, winter-coughs, and humoral Aſthmas, and their blood is poor, containing a ſuperabundant quantity of ſerum. The falſe peripneumony moreover does not recur at intervals like the Aſthma, nor does the cheſt and midriff ſeem to the patient to be ſo fixt and immoveable; but, on the contrary, the lungs are choaked up with phlegm and ſerous effuſions*. In the Aſthma the difficulty of breathing often abates conſiderably, if it do not entirely ceaſe, before much expectoration takes place. In the falſe peripneumony, a copious expectoration coming on affords great relief, though without any very ſudden abatement of the ſymptoms. Another mark of diſtinction, which we muſt mention, is that the firſt fits of the Aſthma are frequently very ſhort, and the ſucceeding ones gradually encreaſe in duration;

* Vid. Morgagni de ſedibus & cauſis morborum, tom. 1. lib. ii.

ration; whereas the firſt attack of the falſe peripneumony generally continues many days, and the recovery from it is much more ſlow and difficult. If a perſon, ſubject to the convulſive and humoral Aſthma, ſhould be ſeized with a falſe peripneumony, when his convulſive Aſthma is not upon him, and afterwards the convulſive Aſthma ſhould ſupervene, the patient is generally carried off in a very ſudden manner, by a death ſometimes reſembling inſtant ſuffocation. But ſo terrible a complication of maladies ſeldom takes place.

In the *Hydrothorax*, or *dropſy of the breaſt*, there is often great difficulty of breathing, not unlike an aſthmatical complaint, but any one converſant with the diſorder will eaſily know it*. The learned and judicious Dr. Cullen has given the following accurate definition of it. Dyſpnoea, faciei pallor, pedum ædemata, urina parca, decubitus difficilis, ſubita & ſponte ex ſomno cum palpitatione excitatio, aqua in pectore fluctuans. Theſe ſymptoms come on gradually, accompanied with great weakneſs of the conſtitution and inability to motion, and the patient has no intermiſſions, during which he is free from his diſeaſe.

* Vid. Van Sweiten. Comm. de Aphoriſm. 1219.

diſeaſe. The Aſthma attacks ſuddenly, but afterwards often leaves the patient ſound. The firſt is a tedious, continual complaint; and generally a fatal one; the laſt has frequent and often long intermiſſions. The aſthmatic patient, when his fit is off, can, in many caſes, uſe hard exerciſe and labor; but the patient, who is afflicted with a dropſy of the breaſt, can never undergo any conſiderable degree of muſcular motion, without the greateſt anxiety and oppreſſion. Beſides, the cheſt and midriff do not feel bound and fixt, as in the Aſthma; the muſcles, belonging to them, being able to act with conſiderable freedom. The ſudden wakings from ſleep, with fear and palpitation, (which occur in the dropſy of the breaſt, and are thought by ſome to be characteriſtic of it) are very different from the attacks of the Aſthma; for the patient, though troubled with a difficulty of breathing, has yet a much freer admiſſion of air into the lungs. Afterwards, as the diſorder advances, ſwelled legs, a ſmall quantity of urine, a dropſical phlegmatic countenance, a waſting of the fleſh, and a fluctuation of water in the breaſt, along with the above-mentioned ſymptoms, will ſufficiently diſtinguiſh it. The dropſy of the breaſt too is not near ſo much affected

affected by changes of the weather, as the Aſthma. If a dropſy of the breaſt ſupervene on an aſthmatical diſorder, it is generally fatal.

With regard to *catarrhal* and *conſumptive complaints*, if they be complicated with the convulſive Aſthma, the complication muſt be diligently attended to, as it will conſiderably influence the cure; but if they occur ſeparately, the diſtinction of them will be ſufficiently evident. The difficulty of breathing in a catarrh or a conſumption, is not to be compared with that which occurs in the convulſive Aſthma. In the catarrh, attended with a fever, cough, and expectoration of mucus, the cheſt, if not fully, is yet capable of being very conſiderably dilated in inſpiration; but in the convulſive Aſthma, the patient is unable to dilate the cheſt, and feels as if a great weight was conſtantly preſſing upon him. The pulmonary conſumption, which is an ulcer of the lungs, is eaſily diſtinguiſhed by the gradual riſe and progreſs of the ſymptoms, by the cough, purulent expectoration, hectic fever, and emaciated habit.

So much for the diſtinction of the convulſive Aſthma. If any one ſhould think that this ſubject deſerves a fuller diſcuſſion than is here given, the ſureſt way to be perfect in it, is an accurate ſtudy of the reſpective hiſtories of all the different complaints, which bear any, even the ſmalleſt reſemblance to the convulſive Aſthma, along with a ſteady attention to the general appearance of thoſe diſorders, as they occur in nature. Words can never make thoſe minute diſtinctions, which are very obvious to the eye and other ſenſes. In all aſthmatical complaints and other diſeaſes of the lungs, it is very eſſential to attend moſt minutely to the manner in which the patient breathes. We ſhould not depend intirely on his repreſentation of the fact. We ought to liſten to the frequency of reſpiration, as well as to the wheezing of the patient, and obſerve accurately the freedom with which the air can paſs into the lungs. We ſhould deſire him to make as full an inſpiration as he is able, and then take notice of the manner in which the air is expired. We muſt alſo attend to the elevation of the ſhoulders, the labor of reſpiration, the quick articulation of words, the color and anxiety of the countenance, and the difficulty of bearing a lying poſture. Obſervations,

ſervations, like theſe, made with accuracy and circumſpection, will greatly facilitate the diſtinction of the different diſeaſes of the lungs. Joined to thoſe we have already advanced on each particular malady, they will clearly ſhew, when the air-veſſels are ſuddenly contracted with ſpaſm, or gradually obſtructed with phlegm and ſerous effuſions, or when reſpiration is impeded by the rheumatiſm in the ſide, or by an inflammation of the lungs, and an extravaſation of red blood into the cellular membrane of that organ.

## *Cauſes of the* ASTHMA.

Having diſtinguiſhed the complaint, we muſt next inquire into the *cauſes* of it; an inquiry of the utmoſt importance.

With regard to the *proximate cauſe*, phyſicians ſeem perfectly agreed that it is a ſudden contraction of the muſcular coats of the air-veſſels of the lungs, which they generally term convulſive or ſpaſmodic*. That the air-veſſels have muſcular fibres, capable of muſcular contraction, anatomiſts ſufficiently demonſtrate. In the convulſive Aſthma, the



* Floyer, p. 43.

ſuddenneſs of the attack, the ſhort duration of the fit, and the recovery of the patient, before any conſiderable evacuation of phlegm has taken place, prove clearly the nature of the diſeaſe. There can be no fixt obſtruction at its commencement, for in that caſe the termination of the fit would not be ſo ſpeedy and ſo perfect. But if it be once admitted, that a ſpaſmodic contraction of the air-veſſels is the proximate cauſe, then every idea of difficulty in the explanation of the chief ſymptoms of the Aſthma is removed. All convulſive diſorders are ſudden in their attack, and they are often as ſudden in their termination. When the muſcular fibres of the air-veſſels are contracted, along with the midriff and the muſcles of the cheſt, (the contraction of which laſt ſometimes occurs) the free admiſſion of air into the lungs is prevented, and the patient labors for breath. Expiration and inſpiration are ſlow, becauſe the parts, performing the function of reſpiration, are not able to act, but with the utmoſt difficulty. When this ſpaſm is removed by proper remedies, the patient, after the expectoration of a little phlegm, feels himſelf almoſt reſtored to perfect health; for the cauſe being obviated, and there being no fixt obſtruction in

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the lungs, the ſymptoms of the diſeaſe totally diſappear.

With regard to the habitual cough, ſhortneſs of breath, and expectoration of phlegm, which ſometimes continue to diſturb the patient in the intervals of the fits, they ariſe from a complication of the humoral Aſthma, along with the convulſive. Thoſe ſymptoms, though they often precede the convulſive Aſthma, yet they ſeldom occur as a conſequence of it, till the diſeaſe be of conſiderable ſtanding. They denote a great relaxation of the mucous glands of the lungs, which, together with an encreaſed ſecretion of mucus, may be conſidered as their proximate cauſe.

Hence the proximate cauſe of the convulſive Aſthma, when complicated with the humoral, (which, as we have obſerved, is the moſt common ſtate in which it appears) is a *ſpaſmodic contraction* of the air-veſſels of the lungs, preceded and followed by a *relaxation* of the mucous glands, with an *encreaſed ſecretion* of mucus. Tubercles in the lungs are frequently a concomitant ſymptom, or a conſequence of ſevere and repeated attacks of the convulſive Aſthma; and whenever they occur, they

they render the diſeaſe of a more obſtinate nature; but they are by no means eſſential to it, and therefore cannot be viewed as forming any part of the proximate cauſe.

The *remote cauſes*, which comprehend both the *prediſpoſing* and the *occaſional*, are next to be conſidered. Theſe, operating together, produce the proximate cauſe, with which the diſeaſe neceſſarily exiſts. The occaſional cauſes ſeldom or never produce the complaint, unleſs there be a prediſpoſition in the conſtitution, either natural or acquired. And where there is a prediſpoſition there will be no diſorder, if the body be not expoſed to the action of the occaſional or exciting cauſes. This is a fact, often mentioned and well eſtabliſhed among Phyſicians, and the knowledge of it is of great conſequence to ſociety. Hence we are taught not to induce a prediſpoſition, where one exiſts not in the conſtitution; and where one exiſts, the greateſt caution is requiſite to avoid the occaſional cauſes, and then the prediſpoſition will be attended with much leſs, if any, inconvenience.

The chief prediſpoſing cauſes of the convulſive Aſthma, are a *narrow contracted cheſt*, *morbid*

*morbid irritability of the lungs, and pulmonary obſtructions* in conſequence of tubercles, either ſcrophulous or formed by repeated catarrhs, winter coughs, pluriſies, and peripneumonies.

A *mal-conformation* of the cheſt may either be natural, or occaſioned by ſome accident, or by miſmanagement. If it be natural, every one ought to endeavor to ſubmit willingly, if not cheerfully, to the diſpenſations of providence. If it be accidental, we may reflect that it is not always within the reach of human wiſdom, either to foreſee or to prevent it. But if it be brought on by miſmanagement, experience ought to give us knowledge, and knowledge will naturally point out to us the means of preventing the like future inconveniencies.

In our earlieſt infancy, the bones of the thorax or cheſt, being very griſtly and compreſſible, are frequently injured by the *ignorance* or *careleſſneſs* of nurſes. The ribs have often been preſſed inward, and the marks of fingers have, on diſſection, been diſcovered. A nurſe ſhould never take hold of an infant by the breaſt, and throw it very forward upon the hand, for in this caſe the weight of it is

ſupported

ſupported principally by its ribs, which being in a great meaſure formed of griſtle, are conſequently unfit to bear any compreſſion. Nurſes, in holding infants, ſhould be cautious to place the hand below the ribs or cheſt, and then they will eaſily avoid the inconvenience here mentioned.

Another cauſe of bad conformation of the cheſt in children, is the too early uſe of *ſtiff ſtays*, which, if drawn tight, prevent the free dilatation of the cheſt in inſpiration, alter in time the ſhape of the body, and greatly impede its natural growth.

A third cauſe of deformity in thoſe parts, is the *want* of a *ſufficient* quantity of *mother's milk*, along with bad nurſing, which weakens the infant and brings on the rickets. In this caſe the bones loſe their wonted firmneſs, and unable to ſupport the weight of the body and the action of the muſcles, bend from their natural poſition, and render the cheſt too ſtrait for the ordinary functions of reſpiration.

The ſecond prediſpoſing cauſe, is *great irritability* of the lungs, which is either natural

or

or acquired. The lungs, generally ſpeaking, are not a very irritable part of the body, but on the contrary are much leſs ſo than many other of the internal organs, as, for example, the heart, the ſtomach, or the bowels. Yet, notwithſtanding the truth of this obſervation, there are ſeveral exceptions, in which the lungs are uncommonly irritable in their natural ſtate; and whenever this fault takes place in the conſtitution, the patient is more prone to aſthmatical complaints.

But the caſes of great natural irritability in the lungs are few, in compariſon of the vaſt number of caſes, in which the lungs acquire a high degree of irritability.—*Plethora*, or a *ſuperabundance* of *blood*, often lays the foundation, not only of a general irritability of the nervous ſyſtem, but of a particular one in the organs of reſpiration. The whole maſs of blood circulates through the pulmonary veſſels, as often as it circulates through the other parts of the body. An unnatural quantity of blood, therefore, muſt frequently be found very oppreſſive to the lungs, in which the veſſels are ſo large and numerous.

But the chief cauſe of this acquired irritability is *artificial external heat*, accumulated about the body by means of *fires*, *cloathing*, and *houſes*; and as it is ſo *powerful* and ſo *frequent a cauſe*, it is requiſite that the reader's mind ſhould be impreſſed with a juſt notion of its importance.

The power of heat in exciting irritability, is a fact well eſtabliſhed in the ſchools of phyſic. Cold diminiſhes the ſenſibility of the nervous ſyſtem, and heat encreaſes it*. The heat of beds†, fires, ſtoves, hot rooms, too many cloaths, &c. is more pernicious in its effects, than the natural heat of the climate. The nerves, blood-veſſels, and muſcular fibres of the lungs, are very much relaxed by breathing a warm air, and this relaxation is neceſſarily productive of irritability. A warm artificial atmoſphere cauſes a copious perſpiration, from the exhalant arteries of the lungs. If in this condition of the body cold be

* Vid. Gaub. Inſtitut. Pathol. Med. de nocivis atmoſphæræ poteſtatibus. § 424. 5.

† Hippocrates ſays, Longiores vero ſomni calefacientes colliquant carnem, & corpus diffundendo reſolvent et imbecillum reddunt. De victus ratione ſanorum Lib ii. cap. 10, tom. vi. page 474.

be applied, that perſpiration is ſuddenly checked, the relaxed orifices of the exhalant arteries are contracted, and a general conſtriction of the veſſels of the lungs is induced. There are ſome, whoſe robuſt conſtitutions can bear changes like theſe with impunity, but many will be moſt eſſentially injured by them, and ſeverely afflicted with the convulſive Aſthma, complicated with the humoral. Their lungs will become ſuddenly contracted with ſpaſm, and afterwards obſtructed with phlegm, which will impede reſpiration, and bring on a troubleſome cough. Hence the danger of breathing a warm air, either by day or night, in ſmall rooms with large fires, which is ſo frequently productive of aſthmatical complaints.

The lungs are more affected by ſudden changes from heat to cold, than almoſt any other part of the body. Hot air enters into the air-veſſels of the lungs, which are defended only by their natural mucus, and cold air has free acceſs into the very ſame parts. There is nothing, which art can interpoſe, to prevent the pernicious effects of both heat and cold, thus alternately applied. It is not ſo with the ſurface of the body. The cloaths

which we commonly wear, defend the external parts both from exceſs of heat and from exceſs of cold. The hurtful influence therefore of ſudden changes is not ſo great upon them, as upon the air-veſſels of the lungs.

Now, in order to confirm this argument ſtill more fully, it may not be improper to quote ſome of the moſt reſpectable authorities in medicine, in proof of the pernicious effects of artificial heat.

The learned Gaubius, when ſpeaking of the hurtful qualities of the atmoſphere, points out in a maſterly manner this important truth. He obſerves, that warm air is not only very injurious to the nervous ſyſtem, the ſtomach and bowels, and the organs ſecreting the bile, but alſo to the lungs, whoſe functions it diſturbs in various reſpects*. Van Sweiten, the able commentator of the great Boerhaave, labors to convince mankind of the ſame important fact. The late eminent Dr. Gregory, (whoſe name I ſhall always mention with the deepeſt ſentiments of eſteem and reſpect) ſpoke warmly, in his public lectures, on this ſubject. I have often heard him argue againſt the

* Vid. Inſtitut. Pathol. Gaub. § 422.

the abuſe of heat in a manner which carried the ſtrongeſt conviction along with it; for when the mind is thoroughly convinced by facts and obſervations, it generally imparts its ſentiments to another with energy and perſpicuity. Dr. Whytt, a late eminent profeſſor of medicine at the Univerſity of Edinburgh, was fully of this opinion. Dr. Cullen likewiſe, whoſe moſt extenſive genius, long experience, and unwearied induſtry, juſtly entitle him to the higheſt honors of his profeſſion, is of the ſame way of thinking, and conſiders artificial heat, when applied too freely to the body, as being very injurious to the lungs, as well as to the whole conſtitution.

But there is no need to dwell longer on authorities, when facts evidently ſtand forth in proof of the doctrine here advanced. It having been obſerved by many eminent phyſicians, that none were ſo liable to catarrhs, winter coughs, Aſthmas, and conſumptions, as thoſe whoſe conſtitutions were become tender by an imprudent expoſure to heat*; I was reſolved to examine accurately into this ſubject, and had the ſatisfaction of finding that they had truth indiſputably on their

* Dr. G. Fordyce, in his moſt excellent public lectures on the practice of phyſic, gives his opinion fully on this head.

their ſide. Let us appeal to the knowledge and experience of the world, and, as a matter of fact, let us aſk who are moſt liable to be affected with cold, and conſequently troubled with coughs and aſthmatical complaints? The anſwer is obvious—they who are moſt confined to cloſe warm rooms, and whoſe conſtitutions are made tender by exceſs of heat. In my attendance at the Royal Infirmary at Edinburgh, and at St. Thomas's Hoſpital in London, and in my private practice, as well as that in the York County Hoſpital, I have met with many aſthmatical patients, and as an undiſputable fact I aſſert it, that far the greateſt number of them confeſſed, that they were always fond of a good fire, a warm room, much cloathing, and a warm bed, in conſequence of which, cold, damp, and changeable weather affected them moſt ſeverely.

Beſides, if we reflect on the different occupations of the lower claſs of mankind, we ſhall find none ſo frequently and heavily afflicted with the Aſthma, as thoſe who are expoſed to the greateſt heat. What ſet of people are more ſubject to coughs and Aſthmas, than cooks, bakers, and blackſmiths? Who is ignorant of

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the danger of boiling ſoap, brewing ſtrong liquors*, making malt, working in forges†, purifying ſugars, and ſuch like employments, in which the laborer is neceſſarily expoſed to heat in exceſs? This claſs of men, pale, fallow, and often emaciated, is more ſubject to the Aſthma than any other.

*Knots* or *tubercles* in the lungs, we have mentioned as the third prediſpoſing cauſe of the convulſive Aſthma. They frequently ariſe from a ſcrofulous habit. They are principally ſeated in the lymphatic glands of the lungs, and are often accompanied with glandular ſwellings in the neck and other parts of the body. Sometimes they are occaſioned by inflammations of the lungs and obſtinate catarrhs. Obſtructions of this nature induce great irritability of the parts affected, and are a powerful prediſpoſing cauſe of aſthmatical complaints, which, in this caſe, end often in ulcers of the lungs.

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* I was ſome time ago in converſation with a man, who had been a brewer for thirty years. I aſked him how that buſineſs agreed with his health, and he ſaid very well. Then I aſked him if he thought it a healthful buſineſs, and he ſaid it was not, for though he had eſcaped an Aſthma, yet that was the complaint which killed moſt of them.

† Bonet. Sepulchretum. Lib. ii. ſec. 1. page 502.

The frequency and danger of theſe pulmonary obſtructions, lead me again to remind my reader of the pernicious conſequences of exceſs of heat. Weak ſcrofulous habits ſhould not be raſh in expoſing themſelves to an unaccuſtomed and dangerous degree of cold. But I will venture to affirm, that if their conſtitutions are relaxed and made tender, by wearing a load of cloaths, by living in ſmall warm rooms, ſitting near large fires, lying very warm in bed, with the curtains drawn cloſe*, &c. they will never be able to bear the changeable and uncertain atmoſphere of this climate, without running great hazard of being ſeverely, if not dangerouſly, afflicted with complaints of the lungs, either catarrhal, aſthmatical, or conſumptive.

With regard to thoſe caſes of tubercles, diſperſed through the ſubſtance of the lungs, proceeding from catarrhs and inflammations, they alſo frequently owe their origin to a heated atmoſphere. Many caſes of the catarrh and peripneumony ariſe from the lungs having been

* Nihil autem magis laxat corpora, quam tepor lecti, dum ſomno largiori indulgent ægri. Hærent enim ſic in proprio vaporum de corpore exhalantium balneo. Van Sweiten, vol. I. page 45.

been made irritable by heat, and then being ſuddenly acted upon by cold. But cold alone would generally have no ſuch effect, unleſs heat had been previouſly applied. When I ſpeak of cold as having no ſuch pernicious effect, I mean a cautious, not a raſh application of it.

It is an undoubted fact, that man in his natural ſtate, and in a ſtate of health, is one of the moſt hardy of all living creatures, and capable of bearing the greateſt ſeverities of weather with impunity*. An illuſtration of this fact is obſervable in the Highlands of Scotland, where the peaſant, ſurrounded by his Scotch plaid, lays himſelf down in the winter ſeaſon under the edge of a rock, ſleeps ſound through the night in the midſt of his herds, and wakes in the morning chearful and refreſhed. Not only uncultivated nature, but times of war afford numerous examples of the ſame kind. How often, alas, have the Britiſh and American troops, during the late unhappy diſturbances, undergone the greateſt hardſhips of weather. If ſleeping in wet cloaths on the cold ground in miſty nights, was, as ſome imagine, to be always attended



* The late Dr. Gregory's public lectures on the inſtitutions of medicine.

with bad effects, there would ſcarce be a veteran ſoldier capable of bearing arms. As facts like theſe, in the hiſtory of mankind, are infinite in number, it is unneceſſary to dwell longer on the enumeration of particular inſtances.

But if this be a true ſtate of the caſe, (which will not be denied) can any one be ſo abſurd as to ſuppoſe, that becauſe the ſhepherd and the ſoldier are able to bear, with chearfulneſs and ſafety, the cold rain of a winter's day, others likewiſe, in a different ſituation of life, whoſe nerves are made tender and irritable by exceſs of heat, will take no harm from undergoing the ſame ſeverity of weather? The firſt have cuſtom, which is juſtly termed our ſecond nature, on their ſide; the latter, as well in the middling as in the higher ſtations of life, have the greateſt delicacy of conſtitution.

Though we wiſh to inculcate an uſeful maxim on the world, yet we would cautiouſly avoid extremes, conſidering them as highly dangerous. Extremes, nevertheleſs, are relative terms, and difficult to be defined. A degree of cold, which is dangerous to one perſon, is perfectly harmleſs to another. Every body,

body, therefore, ſhould be guided by his previous habits, as well as by the natural vigor of his conſtitution; and endeavour to be able to bear the unavoidable hardſhips of his occupation, that he may, if poſſible, follow it with ſafety.

So much for the prediſpoſition of the body, as favoring aſthmatical complaints. Some may, at firſt ſight, think that one or two prediſpoſing cauſes are overlooked, viz. *corpulency* and an *hereditary diſpoſition*.—With regard to the firſt we anſwer, that corpulency is connected with plethora, of which we have ſpoken as powerfully creating irritability of the lungs. A corpulent perſon is always full of blood. With regard to hereditary diſpoſition, we admit the fact, that the Aſthma is often an hereditary diſeaſe; but at the ſame time muſt obſerve, that we have already fully conſidered it under mal-conformation of the cheſt, ſcrofulous tubercles in the lungs, and a peculiar natural irritability of them, all of which defects in the conſtitution are hereditary.

Having conſidered fully the principal prediſpoſing cauſes of the convulſive Aſthma, we proceed to enumerate the *occaſional*. Theſe

are *cold*, *moiſture*, *ſudden changes of weather*, *duſt*, *metallic fumes*, *ſmoke and other particular ſmells*, *mephitic vapors*, *evacuations*, *great fatigue*, *neglect of exerciſe*, *ſhouting* and all *ſtrong exertions* of the voice, *certain diſorders* in the conſtitution, *anger*, *joy*, *ſurprize*, *fear*, *grief* and *other depreſſing paſſions*, *exceſs in venery*, and *intemperance in diet*.

Concerning the effects of *cold*, we have not much to add. It is evident that an *unaccuſtomed* degree of cold will bring on a fit of the Aſthma, as is clearly proved by daily experience. *Moiſture*, joined to cold, will ſtill more certainly produce that effect. For this reaſon, cold foggy weather is found very unfavorable to the aſthmatical. In Aſthmas ariſing from this cauſe, perſpiration is obſtructed, and ſymptoms of a catarrhal affection often precede the fit, ſuch as feveriſhneſs, a quick pulſe, pain and ſtuffing in the head, hoarſeneſs, a mucous diſcharge from the noſtrils, and a cough with little or no expectoration. Wet feet, damp linen, damp cloaths, houſes, the walls of which are not perfectly dry, wet floors, cold rooms to thoſe who are accuſtomed to warm ones, an unuſual ſtream of air againſt any particular part of the body,

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fenny countries, all ſudden changes of weather*, cold eaſterly and notherly winds, riding or walking in the rain, have all been obſerved to induce aſthmatical complaints in habits, where the prediſpoſition exiſted.

But cold and moiſture, as we have before obſerved, have a much greater effect on the weak,

* Floyer obſerves, that though his fits recurred at no certain times, yet he generally had (to uſe his own expreſſion) an inclination to one before rain, ſnow, or froſt. When he had an unexpected fit, a change of weather immediately ſucceeded. If there had been a froſt for ſome time, a thaw often occaſioned a fit. A ſudden change too of the wind into the Eaſt, had the ſame effect. Sudden changes of the air in the ſpring and fall, are very often productive of fits, eſpecially when people make alterations in their cloaths. Aſthmatics generally breathe with more difficulty in mountainous ſituations, where the air is light; and for this reaſon likewiſe a fit will frequently come on either juſt before, or during a ſtorm of thunder and lightening. Floyer juſtly obſerves, that the moiſt ſtate of the air, which for two or three days precedes rain, affects the aſthmatic patient more ſeverely than the rain itſelf when it falls. Changes of the weather from a dry ſtate of the air to a wet one, at the changes of the moon, have conſiderable influence on aſthmatics; and ſometimes fits will occur at the full and change of the moon, when we can aſſign no particular reaſon. Thoſe winds likewiſe, which come to us loaded with vapors, particularly the South and Eaſt, are often very prejudicial; and alſo great winds and ſtorms, though without rain, will frequently bring on a fit. Very hot weather too agrees ill with aſthmatics, and, though clear, will often induce a ſevere attack of the complaint. We have already remarked in the hiſtory of the diſeaſe, that the moſt violent fits of the pure convulſive Aſthma occur in the dog-days.

weak, the delicate, and tender, than on others who are more hardy, of robuſter conſtitutions, and not become irritable by exceſs of heat. The extreme of caution to avoid cold and moiſture, is almoſt as fatal to the human frame, as no caution at all; for every imaginable caution, in the imperfect ſtate in which we are placed, will not be ſufficient to defend us from the injuries we ſtrive to avoid. Cold and moiſture will penetrate into the very inmoſt receſſes of our houſes, and in ſpite of walls, hangings, curtains, cloaths, and fire, will gain admittance, and act powerfully againſt us. Moderate caution is better than exceſſive caution, and we ſhould learn to bear what we cannot ſhun.

*Duſt*, *metallic fumes*, *ſmoke**, *particular ſmells*, and *mephitic vapors*, are often occaſional cauſes of the Aſthma. For this reaſon millers, flax-dreſſers, maltſters, purifiers of ores, chymiſts, who prepare remedies of a metallic nature, which

* This may be one reaſon why London and other large cities, in which there is a great deal of ſmoke conſtantly in the ſurrounding air, are ſo very offenſive to many aſthmatical patients. I have known ſeveral, living a mile out of town, who told me that in the winter, when they approached the city and came into its ſmoke, they were immediately ſeized with ſhortneſs of breath and a fit of coughing.

which ſubject the operator to metallic fumes, whether of mercury, lead, arſenic, antimony, &c. are very ſubject to aſthmatical complaints. Certain ſmells too are particularly diſagreeable to ſome. Hence it has been frequently remarked, that the ſmoke of greaſe, of candles, and tobacco, is very noxious in the Aſthma; as alſo the fumes of fermenting liquors and of burning charcoal, partly from their ſmell, and partly from their poiſonous mephitic quality. Many ſtrong-ſcented and ſweet odors, ariſing from eſſential oils and odoriferous plants, are very offenſive to ſome. Sulphureous ſmells likewiſe are found prejudicial. A gentleman of my acquaintance was drying a little gunpowder in a braſs pan, over a ſtove in the kitchen. There were preſent an old woman and a cook-maid, both ſubject to aſthmatical complaints. The ſmell, emitted from the gunpowder, was ſo ſtrong, that they were both of them affected with ſtraitneſs in the breaſt, and difficulty of breathing, particularly the old woman, who afterwards was troubled with a ſevere fit of coughing, and had a very bad night. The gentleman himſelf felt little or no inconvenience. I am intimately acquainted too with a patient, who is at times troubled with the pure convulſive Aſthma, from

from ſleeping in ſtrange beds, in which the feathers are new and emit a peculiar ſmell, though often in ſo ſlight a degree as ſcarcely to be perceived by another perſon. This gentleman conſulted me ſome years ago, and from accurate obſervation and repeated fits, the fact was proved beyond a doubt. The beds, which brought on the Aſthma, were perfectly dry, and in conſtant uſe. If the bed was changed the fit did not come on, though the patient continued to ſleep in the ſame room, and with the ſame bed-cloaths.

*Evacuations*, *great fatigue*, *ſudden* and *violent exertions* of ſtrength, and alſo the *neglect of exerciſe*, are to be conſidered as exciting cauſes. The convulſive Aſthma is a nervous complaint; and nervous irritable habits are apt to be much affected by evacuations, whether ſweating, purging, or blood-letting, but particularly the laſt. Hence the ague, convulſions, hyſterical affections and epilepſy, which are evidently diſeaſes of the nervous ſyſtem, are ſometimes brought on, like the convulſive Aſthma, by ſudden depletions of the veſſels, which weaken the ſyſtem. Great fatigue too, all quick and violent exertions of ſtrength, induce weakneſs and depreſſion of

of the nervous power, and conſequently act as occaſional cauſes. Violent running, or ſtage-dancing, is juſtly thought by many to induce aſthmatical complaints, as it ſtrains and oppreſſes not only the air-veſſels of the lungs, but alſo the blood-veſſels, in conſequence of overpowering them with too quick a return of the blood. It ſeems highly probable that ſuch violent muſcular motion may greatly injure reſpiration and induce aſthmatical diſorders, particularly in thoſe who have full habits or weak lungs*.—Neglect of exerciſe, though ſlower in its operation, is as deſtructive a cauſe as too great fatigue, for it is a very frequent cauſe of bodily weakneſs. Thoſe who neither walk, nor ride, nor uſe any other regular exerciſe, are often troubled with great irritability of the nervous ſyſtem, which renders them ſub-



* Horſes indeed are often obſerved to become aſthmatical, or broken-winded, in conſequence of quick running or violent ſtrains. Floyer mentions a broken-winded horſe which was diſſected, and the lungs were found bigger than natural, and the air-veſſels on their external ſurface were ſo much weakened and enlarged, as to reſemble, when inflated, ſmall tumours, which did not readily ſubſide.—Bonetus, in his Sepulchretum, mentions a caſe of dyſpnæa in a patient, "a pulmone maximo," and another of an Aſthma, "ab enormi pulmonum magnitudine, lutulento humori infarctorum." Lib. ii. ſec. 1. page 508.

ject to more frequent and violent returns of the Aſthma.

*Shouting*, *vehement ſpeaking*, *ſinging*, and all *ſtrong exertions* of the voice, are very hurtful in aſthmatical diſorders, and have frequently acted as occaſional cauſes. For this reaſon, all thoſe profeſſions which require public ſpeaking, ſuch as the law, divinity, &c. are injurious in the Aſthma, eſpecially when it is accompanied with tubercles and obſtructions in the lungs. I may add too cryers in courts, bellmen, auctioneers, &c. who are all ſufferers from the ſame cauſe; and the more vehement their ſhouting, the more dangerous and deſtructive it is to the lungs. Aſthmas in people of ſuch low occupations, in whom they are often neglected, are very liable to end in conſumptions.—Singing and all ſtrong exertions of the voice ſtrain the lungs, and where there are tubercles and obſtructions, they frequently induce partial ſuppurations *, which are increaſed to a fatal degree by the ſame cauſe continuing to act.

*Various diſeaſes* of the body affect the *lungs*, and act in prediſpoſed habits as exciting cauſes. Catarrhs,

* Vid. Mudge's ingenious Treatiſe on the Catarrh.

Catarrhs, winter coughs, pleuriſies, and inflammations of the lungs, often leave that organ in ſo weak and irritable a ſtate, that the convulſive Aſthma ſupervenes. Cutaneous eruptions, itch, eryſipelas, gout, &c. when repelled by improper treatment, will ſometimes throw the lungs into violent convulſive affections. Obſtruction of the menſes, ſuppreſſion of the hemorrhoids, drying up of old iſſues or ulcers of any kind, are frequently obſerved to have the ſame effect. Small ſtones or calculous concretions, which the lungs, as well as every other part of the body, are liable to be affected with, have been found exciting cauſes of the Aſthma*. But it would be both endleſs and unneceſſary to enumerate every complaint which the Aſthma has been obſerved to follow, ſuch as fevers, intermittents†, ſmall-pox, meaſles, dropſies of the breaſt, polypuſes in the heart, the angina pectoris, and a variety of others; and more eſpecially as the Aſthma,



* Vid. Morgagni de Cauſ. & Sed. Morb. Tom. I. lib. ii. page 129.

† Floyer thinks that intermitting fevers often occaſion the Aſthma, and produce fixt periods. He has the following words. "About eight years ſince I had an intermitting fever, with ſwooning fits every afternoon. To this I impute the ſettled periods of the Aſthma."

ſo induced, is often ſymptomatic only of thoſe diſeaſes which require a particular treatment, and one very different from that which is proper in the Aſthma itſelf, when conſidered as an original and primary affection.

*Anger*, *immoderate joy*, *ſurpriſe*, too *cloſe application of mind*, *fear*, *grief*, *anxiety*, and other *depreſſing paſſions*, have frequently been exciting cauſes of the aſthmatic fit. They weaken and diſorder the nervous ſyſtem, increaſe its irritability, and render it more ſuſceptible of nervous affections.

*Exceſs of venery*, and *intemperance* in *diet*, are the laſt occaſional cauſes which we ſhall mention. Too much venery exhauſts the nervous power in a very high degree; it is often accompanied with nocturnal watchings, and is found, in weak and relaxed habits, to be a frequent cauſe of the aſthmatic fit.—Intemperance in diet comprehends gluttony and drunkenneſs, both of which are very hurtful to the aſthmatical patient, and often excite fits, which otherwiſe would not, in all probability, have come on at that time. Intemperance injures the conſtitution two ways. Firſt, It creates plethora or fullneſs of blood, which,

as

as we have obſerved, is a common and very powerful cauſe of irritability of the lungs. Patients of this order ſeem to be of full habits, corpulent, or inclining to corpulency, with a red and often a bloated complexion. Secondly, Exceſs in eating or drinking loads and oppreſſes the ſtomach, prevents the free deſcent of the midriff in inſpiration, occaſions flatulency, indigeſtion, and ſickneſs, and thus favors greatly the returns of aſthmatical complaints. Heavy ſuppers in particular have always been found very hurtful to people who are ſubject to the Aſthma, and have often been the exciting cauſe of the fit. Exceſs in the uſe of ale, wine, or ſpirits is a very common and powerful occaſional cauſe of the Aſthma, for it weakens the whole conſtitution, deſtroys the ſtomach, and induces a high degree of irritability. As the ſtomach is one of the moſt irritable organs of the whole ſyſtem, and more intimately connected with the brain and nerves than almoſt any other; it cannot be in the leaſt ſurpriſing, that whatever diſorders the ſtomach, ſhould in ſome meaſure diſorder the whole ſyſtem, and be ſo often obſerved to induce the aſthmatic fit.

*Prognoſtic*

## *Prognoſtic in the* ASTHMA.

With regard to the *prognoſtic* in the Aſthma, there is no occaſion to ſay much. Every body knows that an Aſthma is a very obſtinate complaint, and one which it is difficult to cure; but yet, perhaps, not altogether ſo difficult as ſome have repreſented it. It is true indeed that to compleat a cure is a work of time, and requires the greateſt ſteadineſs and perſeverance in the patient, both with reſpect to remedies and regimen. But who is there ſo inſenſible to the troubleſome and highly-diſtreſſing ſymptoms of an Aſthma, as not willingly to undergo many reſtraints in their pleaſurable purſuits, as well as adhere ſteadily to a proper courſe of remedies for a ſufficient length of time, in order to be reſtored to a ſtate of health? When one fit is removed, the cure is not to be expected without relapſes; but if thoſe relapſes be leſs frequent, and the fits leſs violent, the practice proves itſelf to be ſucceſsful; and doubtleſs, a cure, in ſeveral caſes, may by time and perſeverance be compleated.

The obſtinacy of the diſeaſe is to be eſtimated from the violence and duration of the ſymptoms,

ſymptoms, the age of the patient, the condition of his conſtitution, the nature of the predispoſition, and the power of the exciting cauſes. If the ſymptoms of the ſpaſmodic affection in the lungs run high; if the diſorder be of long ſtanding, and, when once excited, continue for ſeveral days; if the returns of it be frequent; if the lungs be greatly obſtructed with phlegm at the termination of the convulſive fit, and an obſtinate cough remain during the intervals, with a laborious reſpiration, and a copious expectoration of mucous matter, the cure is difficult, tedious, and uncertain. Tubercles and obſtructions in the lungs, and a mal-conformation of the cheſt, joined to a debilitated conſtitution, in a patient whoſe conduct has always been irregular, and whoſe habit of body is ſcrofulous and conſumptive, are ſymptoms of a moſt unfavorable nature.

If, on the contrary, the diſorder be recent; if the patient's conſtitution be not greatly impaired; if there be no natural deformity in the cheſt; if reſpiration after the termination of the fit be free, and the cough with expectoration of phlegm not violent, nor obſtinate in its duration; if the occupation of the perſon

ſon be not injurious to the lungs, or, if ſo, can be eaſily relinquiſhed; and if the lungs be not obſtructed with tubercles, either in conſequence of a ſcrofulous habit, or repeated inflammatory affections, the caſe bears a favorable aſpect, and may in all human probability be frequently treated with ſucceſs.

A critical evacuation, as a diarrhæa, ulcer, or copious urine, has been ſometimes obſerved to prevent a fit of the Aſthma. A dyſury, or ſwelled legs, relieve ſome. With regard to a diarrhæa, if it be moderate, and the conſtitution not too low to bear the evacuation, it may be allowed to continue awhile; but if the patient be thin and weak, it is ſafer to check it by the uſe of opiates and gentle aſtringents.

Floyer obſerves that old aſthmatics are ſubject to the jaundice, ſtone and gravel, rheumatiſm, and diabetes, which laſt, when it ſtops, is frequently followed by a dropſy in the breaſt. The other diſeaſes to which old aſthmatics are particularly liable, were mentioned when we were giving the hiſtory of the Aſthma. It is obvious to common ſenſe, that if an old aſthmatic become conſumptive, dropſical,

dropſical, or apoplectic, the caſe is deſperate. A peripneumony too, combined with an Aſthma, is generally fatal. When infants are ſeized with the Aſthma, it often ends in ſuffocation, eſpecially if powerful means for the removal of it be not applied at its commencement. Old aſthmatics, it is well known, are very liable to ſevere complaints in the ſtomach and bowels, from weakneſs and irritability; ſuch as a bad digeſtion, flatulency, pains, burning heats, diſagreeable prickling ſenſations in the abdomen, with lowneſs of ſpirits and diſturbed ſleep. We have before obſerved, that when thoſe complaints in the inteſtinal tube are the ſevereſt, the Aſthma is frequently in its mildeſt ſtate; and, on the contrary, when the Aſthma is the moſt troubleſome, the ſtomach and bowels are leſs violently affected. Old obſtinate caſes of the Aſthma, which cannot be cured, may often be relieved by the application of proper means, and life not only be prolonged, but (what is of greater importance) rendered much more comfortable.

## *The Method of* CURE.

The method of cure falls next under our conſideration; in ſpeaking of which we ſhall endeavor to be conciſe, without, at the ſame time, omitting any thing which may be of conſequence to the ſucceſsful treatment of the diſeaſe. As truth and fidelity in the relation of facts ought always to be attended to above every thing elſe, the reader will not be ſurprized to find me recommending ſome means of cure which are not commonly attended to, and omitting others as uſeleſs or pernicious, which have been long known and employed as faſhionable remedies in the routine of practice.

From the hiſtory of the Aſthma which we have already given, it will appear evident that the method of cure divides itſelf into two diſtinct parts;

Firſt, During the preſence of the fit; and

Secondly, During the interval, with a view to prevent relapſes.

### Part I.

During the preſence of the fit, the *curative indications* which moſt naturally occur without any ſtudied refinement, are

To

To take off the ſpaſm from the air-veſſels of the lungs;

To promote the expectoration of mucus; and

To mitigate urgent ſymptoms.

Having laid down thoſe three general indications of cure, we ſhall proceed to the examination of particular remedies, which, by their proper qualities, are capable of fulfilling them; and point out their mode of operation as diſtinctly and intelligibly as the nature of the ſubject will admit of. We ſhall not firſt mark the indication, and then ſubjoin each remedy which might properly be employed to anſwer that indication, becauſe, by this mode of procedure, there would be a great repetition of remedies, as one remedy will ſometimes be found to anſwer two or more indications of cure; but we ſhall enter immediately into the conſideration of particular remedies, and point out, in one comprehenſive view, the mode of operation, by which they fulfil the indications above laid down.

Before we proceed to particular remedies, it may not be improper to ſay a word or

two on the *regimen* of aſthmatical patients when in the fit.

It is agreed on all hands that the *greateſt abſtinence* is neceſſary, particularly from aliment which is flatulent, viſcid, and difficult of digeſtion, ſuch as *peas*, *beans*, *jellies*, *butter*, *ſeveral young meats*, &c. Floyer indeed forbids all *fleſh meat* on pain of ſuffocation, or a continuance of the fit. He adviſes *faſting*, except a *little toaſt*, or an *egg* with *vinegar*, at noon or night, and very properly condemns the uſe of *fermenting wines*, *mead*, *ſweet ptiſanes*, *frontiniac*, *bottled ale*, and ſuch like *flatulent liquors*. *Toaſt* and *water alone*, or *with acids*, or with a ſmall quantity of *ſal-prunell*, *nitre*, or *ſal-ammoniac*, is recommended by him. *Milk* and *water*, or *honey* and *water*, agree with ſome. If the patient be low and require a cordial, a little of any *good old wine*, as *port*, *madeira*, *ſherry*, &c. may be given. If all wines turn ſour on the ſtomach, a *ſmall quantity* of *ſpirits* in that caſe may now and then be uſed along with the toaſt and water. *Good cold ſmall beer* may be allowed to ſome, though it will not agree with all. Floyer mentions *vinegar*, or *verjuice* and *water*, as a convenient liquor for aſthmatics. But in all thoſe caſes the patient's age, conſtitution, and former habits

habits ſhould be conſidered, and the practice regulated accordingly. Toaſt and water, cold and acidulated, is certainly a very proper liquor for the young and ſtrong, whoſe conſtitutions are full and inflammatory; but the infirm and aged muſt be allowed the moderate uſe of wine or ſpirits diluted. In like manner acids ſometimes diſagree with the ſtomach, and in thoſe caſes (however ſerviceable they may be found in others) it would be highly abſurd to make uſe of them. But we ſhall ſpeak more particularly on the ſubject of diet in the ſecond part, which treats of the cure during the intervals of the diſeaſe.

With regard to air, as ſubſervient to the purpoſes of reſpiration, we may obſerve that the fits are generally much worſe in a *town* than in the *country*, where the air is purer and not ſo thick. There are, however, exceptions to this, for ſome patients are better in London than in the country, and ſome are better in Holland than in a clearer air. In large towns patients are leſs expoſed to changes of weather than in the country, and this may be one reaſon why the country diſagrees with a few aſthmatics, whoſe conſtitutions are tender and unable to bear the ſmalleſt changes of weather. All *exerciſe* in the

the fit is dangerous, and therefore muſt be avoided. A *cool room*, at that time, is abſolutely neceſſary; and there ſhould be a *free circulation* of *freſh air*. Floyer is particularly ſtrong in his recommendation of this, as a matter of the greateſt conſequence. He found that a *warm room*, as well as a *warm bed* or *warm drinks*, encreaſed the violence of the fit. He further adds, that "aſthmatics can bear with "impunity much cold, on account of the ex-"panſion of ſpirits." I believe the fact, becauſe he ſpoke from great experience both in himſelf and others, and becauſe it coincides with daily obſervations, but his reaſon for it I do not underſtand. Patients, nevertheleſs, whoſe conſtitutions are tender, ſhould not expoſe themſelves *ſuddenly* to an *unaccuſtomed* degree of cold; for all changes of this nature ſhould be gradual.

In the aſthmatic fit, the difficulty of breathing is often ſo great, that the patient cannot bear an horizontal poſture, and therefore he is obliged to ſit up all night on his bed or in an armed chair, where he finds eaſe by leaning forward. This laſt was Floyer's method, particularly for the firſt night, and in the ſummer ſeaſon. The wearing apparel at this diſtreſſing

treſſing juncture ſhould not be ſtrait and confining, but looſe and eaſy. The ſecond night Floyer adviſes the patient to endeavor to lie down to ſleep, with his head and ſhoulders raiſed high. He ſhould not be loaded with bed-clothes, for they would oppreſs him, and obſtruct reſpiration. Some months ago I viſited a patient whoſe breathing had long been ſo laborious, that he had not lain down at nights for fifteen years ſucceſſively, but reſted in an arm'd chair, leaning forward on a ſtick.

Having premiſed theſe few remarks on regimen, we proceed to ſpeak of the *particular remedies* which are uſed during the fit.

When firſt called to the aſthmatic patient, the practitioner ſhould conſider the ſtate of his conſtitution reſpecting *plethora* or *fulneſs* of blood; for in full habits the moderate *uſe* of the *lancet* is abſolutely neceſſary, and the more ſo, the nearer we are to the commencement of the complaint. For this purpoſe the pulſe ſhould be carefully examined reſpecting its ſtrength, frequency, and hardneſs. Strength, without frequency, that is, a pulſe ſtrong and ſlow, does not indicate bleeding in the ſame degree, as if it were ſtrong and frequent.

But

But if in a ſtrong and frequent pulſe there be alſo an evident hardneſs, the indication for blood-letting becomes more urgent. The pulſe, however, is not a ſteady guide in this diſeaſe, for it is ſubject to great irregularities in conſequence of the contraction of the lungs, and the difficult paſſage of the blood through the pulmonary veſſels. From this cauſe it often happens that the pulſe is ſmall, frequent, irregular, and intermitting in full and plethoric habits, in which blood-letting is abſolutely requiſite *.

To diſtinguiſh, therefore, rightly in this caſe, other circumſtances muſt be taken into conſideration to direct the prudent practitioner. The former ſtate of the patient's conſtitution muſt be attentively enquired into, reſpecting the condition of his digeſtive organs, and the quantity of food that he uſually conſumes. Add to this the degree of exerciſe and bodily labor to which he is accuſtomed. For if a man have a good appetite and a ſound digeſtion, ſupported by moderate

* It need hardly be obſerved, that in ſome people the artery at the wriſt, which runs along the radius, and which is uſually examined when we feel the pulſe, is uncommonly ſmall, and ſcarce to be felt, even in very full habits.

rate exercise or labor, the fibres are commonly firm, and the veſſels more vigorous, elaſtic, and well filled with blood. At the ſame time the phyſician, for further ſecurity, ſhould obſerve the patient's countenance and general habit of body reſpecting fulneſs and corpulency, as well as the natural heat and firmneſs of the muſcular fleſh. With regard to the countenance, however, I muſt remark, that it is a fallacious ſign during the exiſtence of the Aſthmatic fit; for the circulation through the pulmonary veſſels being impeded, the courſe of the blood to the left ventricle of the heart, as we have before ſaid, is greatly obſtructed, which ſometimes cauſes the countenance to appear bloated, or even blackiſh, in people who are naturally of a pale complexion. To avoid being deceived by this appearance, a prior knowledge of the patient is of great ſervice, and where that knowledge is wanting, an enquiry from intelligent friends concerning his uſual complexion, and the difference which takes place, will afford proper and uſeful information.

Beſides the countenance, the external heat, and the firmneſs and elaſticity of the fibres, the practitioner muſt weigh, with ſcrupulous exactneſs, the ſymptoms of the diſeaſe, both

as to number and violence, and more eſpecially examine whether there be a diſpoſition to any inflammatory affection of the lungs or pleura. For this reaſon particular obſervation is requiſite to the fever, cough, difficulty of breathing, ſuffuſion of the countenance, and fulneſs of the veins about the head, along with ſtitches and fixt internal pains of the breaſt, as theſe ſymptoms indicate an inflammatory ſtate of the lungs, and demand a free and immediate uſe of the lancet.

From the conſideration of thoſe particulars, it is eaſy to regulate the practice of blood-letting in the Aſthma. Blood-letting is more urgently required in the firſt violent attacks of the diſeaſe, than in the ſucceeding ones; though in theſe alſo it may be highly requiſite, eſpecially in people who, paſſed the meridian of life, are full and corpulent, prone to indolence, fond of ſtrong liquors and high living.

The utility of blood-letting in the Aſthma, when plethora prevails, and the ſymptoms are ſufficiently urgent to demand it, is great and obvious. It is, with reſpect to the firſt indication,

tion, highly antiſpaſmodic, and contributes much towards the ſolution of the fit. With reſpect to the ſecond indication, it acts powerfully as an expectorant, which might indeed have naturally been ſuppoſed from its antiſpaſmodic effects; for whatever takes off the ſpaſm from the air veſſels of the lungs, muſt evidently promote a diſcharge of mucus from the mucous ducts. As to the third indication, it obviates moſt immediately and effectually every particular ſymptom ariſing from plethora; ſuch as great tenſion of the veſſels of the head, ſevere head-achs, peripneumonic affections, violent heat and other ſymptoms of an inflammatory fever, rupture of blood-veſſels, hemorrhages from the noſe, ſpittings of blood, &c.

But although bleeding, for the reaſons above-mentioned, is, when plethora prevails, ſo very beneficial in the Aſthma; yet in patients, whoſe conſtitutions are weak and relaxed, and in which there is no appearance of fulneſs and inflammation, any conſiderable evacuation of blood is very hurtful*, even though the difficulty of breathing and ſpaſmodic affection of the



* Vid. Obſervations on the Abuſe of Medicine, in which the bad effects of the improper and unneceſſary uſe of blood-letting on the conſtitution are fully ſhewn.

lungs take place in a violent degree. In all ſuch caſes blood-letting encreaſes the weakneſs of the conſtitution, and whatever encreaſes weakneſs gives irritability; which is well known to lay the foundation in relaxed habits, of the moſt ſevere and dangerous Aſthmatic fits.—The general appearance of the conſtitution, the weakneſs of the pulſe, the relaxation and want of tone in the muſcular fibres, and the previous ſtate of debility in the digeſtive organs, as denoted by want of appetite and the uſual ſymptoms of indigeſtion, will ſufficiently point out the impropriety and danger of blood-letting, and more eſpecially when the fits have frequently recurred, and when the patient occaſionally has had recourſe to the lancet without relief.

*Emetics* are often very ſerviceable in the Aſthma, but conſiderable caution is required in the management of them. When the ſtomach is loaded at the firſt approach of a fit, before any violent ſymptoms have made their appearance, a gentle vomit is of great uſe, as it clears away acid, putrid, or viſcid matters, diminiſhes the oppreſſion at the ſtomach, and renders the enſuing fit leſs violent and diſtreſſing. A load of undigeſted food, attended with

with flatulency, diſtends the ſtomach, and prevents the free deſcent of the midriff; and, if it paſs from the ſtomach into the bowels, it ſtill continues to diſtreſs the patient with fulneſs, pain, and uneaſineſs. In the hiſtory of the diſeaſe, we mentioned the ſymptoms which uſually preceded the fit*; and when thoſe occur, and a return of the Aſthma is expected, a vomit of *Ipecacuan*, with a ſmall proportion of *Tartar Emetic*, of *Antimonial Wine*, or *Vinegar* of *Squills*, is given with ſafety and advantage.

If an emetic has not been uſed at the approach of the fit, and the patient is laboring under a ſevere attack, with great anxiety and difficulty of breathing, a vomit is very dangerous. But when the diſeaſe has continued ſome time, and there is an evident abatement of the ſymptoms, a vomit, if the ſtomach be foul, may then be preſcribed with the utmoſt propriety.

In like manner towards the concluſion of a fit, when the ſeverity of the ſymptoms is removed, and the patient ſtill complains of tightneſs and ſtuffing in his breaſt, it is extremely neceſſary to order a gentle vomit to promote a diſcharge of phlegm from the lungs. Emetics

at

* Vid. p. 4.

at the ſame time tend to take off any feveriſh ſymptoms, to open the pores of the ſkin, remove ſpaſm, and cauſe a gentle perſpiration*. In caſes too where we do not wiſh to produce full vomiting, antimonial medicines, particularly *Tartar Emetic* and *James's Powder*, are often given in ſmall divided doſes with much ſucceſs, even in very obſtinate fits of the Aſthma†.

The next thing to be enquired into is the *ſtate* of the body reſpecting *coſtiveneſs*, which is very pernicious to the aſthmatic patient, and aggravates the ſymptoms of the fit. When the bowels are loaded, and particularly when the large ones are diſtended with flatulencies and hardened *fæces*, the free deſcent of the midriff in

* Sometimes violent vomiting precedes or accompanies a fit of the Aſthma, and Floyer has obſerved that *cold water* has afforded the moſt relief. I mention this fact, becauſe I have in ſeveral caſes of obſtinate vomiting, from different cauſes and in different diſorders, found cold water the moſt grateful and beneficial to the patient; and all warm liquors evidently detrimental by exciting pain and encreaſing the ſickneſs. But if the ſtomach is inflamed cold liquors are very hurtful.

† The Lady of an eminent Phyſician of my acquaintance labored under this Aſthma, and during the fit he gave her tartar emetic, and gradually encreaſed the doſe until ſhe took four or five grains at once, which greatly relieved her aſthmatical complaint, but produced no ſenſible evacuation.

in inſpiration is prevented, which, during the exiſtence of the diſeaſe, is very prejudicial. For this reaſon *laxative* and *purgative remedies*, either taken by the mouth, or given in the form of glyſters, with a view to empty the alimentary canal, have always been found uſeful in the Aſthma.

With this intention the common laxative and purgative remedies are employed, viz, *rhubarb*, *aloes*, *jalap*, *ſena*, *oleum ricini*, *manna*, *neutral ſalts*, *cream* of *tartar*, and *various preparations* formed from theſe and other laxatives, as *lenitive electuary* and the *laxative tinctures**. The warm opening medicines, ſuch as the *tincture* of *rhubarb*, *tinctura ſacra*, *Rufus's Pill*, are frequently recommended in this diſeaſe, in cold conſtitutions, and where the ſtomach and bowels are weak, irritable, and ſubject to be inflated with wind. But in full and plethoric habits, the ſaline purgatives, the *bitter purging ſalt*, *Glauber's ſalt*, *ſoluble tartar*, *cream* of *tartar*,

* It is remarked by Floyer, that aſthmatics are not very ſubject to coſtiveneſs, that at the begining of the fit they have often a looſe ſtool, and that they are eaſily purged. This remark is not without ſome foundation in truth, though there are many exceptions to it. The knowledge of it therefore may prevent ſome from giving ſtrong purgatives in the fit, which are by no means adviſeable, or even ſafe.

*tar*, and *others* of a *cooling* nature are the ſafeſt and moſt uſeful. In this caſe a gentle purgative is given in preference to a laxative, and it is more efficacious, as it produces a more copious evacuation, contributes ſomewhat towards diminiſhing the fulneſs of the veſſels, and at the ſame time cauſes a revulſion of the fluids to the abdominal viſcera.

But when the patient is weak, or advanced in years, and his ſtomach and bowels are in a relaxed and irritable ſtate, neither laxatives nor purgatives can be given with propriety. In theſe caſes the *laxative gliſters*, made warm occaſionally with aromatics, anſwer the purpoſe of emptying the bowels and bringing away hardened fæces, without exhauſting the patient's ſtrength by cauſing too large an evacuation, which even a mild laxative would ſometimes do. Gliſters likewiſe are frequently uſeful in the fit to empty the bowels, even in more robuſt conſtitutions, when the ſtomach is ſo irritable as probably to reject medicines by the mouth, or when a medicine of a different nature is ſtrongly indicated, which cannot be conveniently joined with a laxative.

As

As ſoon as the fulneſs of the veſſels and the ſtate of the ſtomach and bowels have been carefully attended to, *antiſpaſmodics*, *tonics*, *pectorals* and *expectorants* come into uſe, with a view to take off the ſpaſmodic conſtriction of the air-veſſels, and to promote a diſcharge of mucus from the lungs. A great variety of theſe are recommended by different practitioners. The antiſpaſmodics, which are principally employed during the fit, are *muſk*, *camphor*, *caſtor*, *aſafœtida*, *opium*, *bliſters*; the tonics are the *Peruvian bark*, *bitters*, and (we ſhall beg leave to add from a thorough conviction of their utility) the *Flowers* or *Calx* of *Zinc*; the pectorals and expectorants, are *oils*, *mucilages*, *ſquills*, *garlic*, *gum ammoniac*, and the *volatile alkali*. Of theſe we ſhall ſpeak in order, and begin with the uſe of antiſpaſmodic remedies.

*Muſk*, *camphor* *, *caſtor*, and *aſafœtida*, are often uſed with advantage as antiſpaſmodics in the fits of the Aſthma, when pure and not complicated with inflammation. They are pre-



* Dr. Millar recommends much the julepum e camphora in the fit of the Aſthma. His doſe is one or two ſpoonfuls every three or four hours. He thinks ſolid camphor lies undiſſolved in the ſtomach. Before he gives the julepum e camphora, he uſually preſcribes a gentle emetic, and then a doſe of the tincture of Rhubarb, or of the tinctura ſacra.

ſcribed either in a ſolid or liquid form, as occaſion may require. The reaſon why they do not relieve the patient, ſo much as one might expect, is becauſe the doſe of them is often too ſmall. Ten, fifteen, or twenty grains of good muſk or caſtor would act as an uſeful antiſpaſmodic, when one or two grains have no ſenſible operation. In conſequence of the antiſpaſmodic power of thoſe remedies, they evidently become expectorants, and promote the diſcharge of phlegm from the lungs. As *Muſk* and *Caſtor* are expenſive remedies, and often adulterated, their operation is leſs to be depended upon than that of aſafœtida and camphor. Aſafœtida * is frequently preſcribed in large quantity in the fit. Camphor ſhould not be given at firſt in a full doſe †, leſt its effects on the conſtitution ſhould be too violent. ‡

But

* I muſt not omit to obſerve, that aſafœtida, though it is an uſeful medicine in the Aſthma, yet ſometimes diſagrees with the patient and increaſes his diſorder. Its taſte and ſmell are agreeable to ſome, but very offenſive to others.

† Vide Dr. Alexander's Experimental Eſſays.

‡ Under the head of antiſpaſmodics, I muſt not forget to mention, that the late Dr. Gregory, in his public lectures, recommended ſtrongly the *bathing* of the feet in *warm water*, as an uſeful remedy in the pure convulſive Aſthma, unconnected with plethora. Some too have ſpoken well of the effects of *ether*; it is, however, very uncertain in its operation, and often diſagrees in the Aſthma.

But *opium*, as an antiſpaſmodic, is the moſt powerful, and one from the uſe of which we are able to procure the moſt immediate and evident relief, both in abating the fits and procuring reſt. We give generally fifteen or twenty drops of the tinctura thebaica, or, if a milder opiate be required, one or two tea-ſpoonfuls of the paregorie elixir, in a draught, particularly at bed-time, and find that mode of uſing opium preferable to pills or boluſes, for the operation of the remedy is more immediate and certain. Pills are often ſlow of ſolution in the ſtomach, and ſometimes are never diſſolved at all, but paſs whole through the alimentary tube. For this reaſon, one ſeldom uſes opium in pills, or in any other ſolid form, except where the patient cannot keep a liquid medicine on the ſtomach. When pills are indicated, we uſe *ſimple opium*, the *pilulæ ſaponaceæ*, or *pilulæ e ſtyrace*; ſo that one doſe may contain about a grain, or a grain and a half of opium. The *confectio Damocratis* and the *theriaca Andromaci* are uſed by ſome as opiates; but there is ſuch a farago of ingredients in their compoſition, and ſome of them of ſo inflammatory a nature, that I ſeldom or never preſcribe them. In ſmall divided doſes, opium ſometimes anſwers very well; but, in general, it is found

more effectual when given in a full doſe, and its operation is more certainly to be depended upon. When we give opium freely, we ſhould be particularly attentive to the ſtate of the lungs; for if the patient be very much ſtuffed in his breaſt, ſmall doſes only are admiſſible, as large ones might dangerouſly increaſe the accumulation of phlegm in the air-veſſels *.—Opium cannot be uſed with ſafety in full habits, where there is any inflammatory tendency, till the patient has been bled. But after bloodletting, twenty drops of tinctura thebaica at bed-time is frequently given with great advantage †. When opium is uſed, the ſtate of the bowels muſt be cautiouſly attended to, otherwiſe coſtiveneſs may be brought on, which is prejudicial in the Aſthma. Opium may be ſucceſsfully joined to caſtor, volatile alkali, and other antiſpaſmodics.

*Bliſters* are often ſerviceable in aſthmatical complaints. They may be applied between the ſhoulders, upon the arms, ſides, or fore-part

* Vid. Morgagni, de caus. & ſed. Morb. tom. I. p. 130, lib. II, De Reſpiratione Læſa——a tenui plumarum pulvere——in which the pernicious effects of opium were manifeſt.

† Floyer is very fond of uniting opium with acids, and thinks ſuch a preparation would be very beneficial in the Aſthma.

part of the cheſt. In dangerous and obſtinate fits of the Aſthma they are found of ſingular benefit *. We endeavour to prevent ſtrangury by the liberal uſe of *diluent mucilaginous* liquors, by camphor rubbed on the plaiſter †, or by the interpoſition of a little muſlin between the plaiſter and the ſkin. The bliſter ſhould be removed as ſoon as it has operated, which is generally within the ſpace of ten, fifteen, or twenty hours, and the water being let out, the cuticle ſhould not be taken off, but the dreſſings put over it, which will be much leſs painful. The chief uſe of bliſters is not ſo much by their evacuating as by their antiſpaſmodic power, which is now ſo current in medical language, and ſo univerſally agreed to by Phyſicians, that it is unneceſſary here to enter into a diſcuſſion of the ſubject ‡. In full and plethoric habits, we generally bleed the patient before the application of the bliſter. Bliſtering is not only uſeful in the pure convulſive Aſthma,

* If the Aſthma occur in conſequence of repelled gout, the late Dr. Gregory, in his public lectures, uſed to recommend bliſters or ſinapiſms to the feet.

† Camphor, uſed in this manner, is but little to be depended upon. The free uſe of diluents is the beſt method of preventing ſtrangury.

‡ Vid. Obſervations on the Abuſe of Medicine.

ma, but particularly ſo when it is complicated with the humoral, the catarrh, the inflammation of the lungs, of the pleura or muſcles of the cheſt.

The next ſet of remedies to be employed to take off the ſpaſm of the lungs, are tonics of the vegetable and mineral kind. The vegetable tonics, here alluded to, are the *bark* and *bitters*, which have long been employed; and the mineral tonic is the *Flowers* or *Calx* of *Zinc*, which I have given in many caſes with ſucceſs, and, as they are not yet in common uſe in the Aſthma, ſhall beg leave to take this opportunity of recommending them to a more general trial, as being the ſureſt teſt of the real value of any remedy, which may be deemed to merit the attention of the public.

In the fits of the pure convulſive Aſthma, when plethora is not preſent, the *bark* is ſometimes given with great advantage. It acts as a ſtrengthener, ſupports the tone of the ſyſtem, diminiſhes irritability, and obviates the ſpaſmodic conſtriction of the lungs. In many caſes, inſtead of cauſing a greater tightneſs of the breaſt and difficulty of breathing, it tends to

to take off both thoſe ſymptoms *. The bark is very uſeful in thoſe ſpecies of the Aſthma, which are periodical, returning nearly at ſtated intervals, and eſpecially when they are uſhered in with any evident ſigns of an intermitting fever. In theſe it often cures the diſorder; but it muſt be remembered, that the quantity to be given is conſiderable, not leſs than ſix drams, or an ounce, when the intervals of the fits are ſhort, and four or five ounces or more, when the intervals are ſufficiently long. Here too I would recommend Dr. Cullen's method of uſing the bark in intermittents, which is to give the medicine the oftenеſt, and in the largeſt doſes, juſt before the time when the return of the fit is expected †. In other caſes, where the fits do not occur

* Floyer mentions a caſe of a Lady who, after many other medicines had failed, was greatly relieved in a long fit by the bark. Her own words are the following: "At laſt I took a dram of the Jeſuit's powder in a cordial-water, and that firſt doſe relieved me ſo ſenſibly, that it ſeemed to preſs down the ſtoppage of my breath, and by repeating that, morning and evening, I perfectly recovered."

† If the fit recur periodically every day, or every other day, ſix drams or an ounce of bark in the firſt caſe may be given in the interval, and twice that quantity in the laſt.—If the fit recur once in eight or ten days, the patient may take half an ounce or ſix drams of bark in the ſpace of every twenty-four hours;

occur at any ſtated intervals, and the bark is judged a proper remedy, we may, when the ſtomach will not bear it in ſubſtance, or when large and ſtrong doſes are not neceſſary, give it either in decoction, infuſion, or tincture. *Bitters* likewiſe are ſerviceable as well as the bark; they are given in ſimilar caſes, and their uſe is regulated on the ſame general principles. †

The other tonic or ſtrengthening remedy that we have to mention is the *Flowers of Zinc*, which, when plethora or fulneſs of blood is not preſent, I have found to ſucceed where others have failed. The Flowers of Zinc I firſt gave

hours; and two or three doſes extraordinary the day before that in which the attack of the fit is expected.—I am ſpeaking now of caſes where the ſtomach can bear the medicine, and where there is no extreme irritability in that organ, no fixt obſtruction in the lungs, nor any other evident cauſe which forbids the uſe of the bark.

† In ſome aſthmatic fits the ſtomach is ſo much out of order, that neither the bark nor bitters can be uſed during the preſence of the fit, on account of the diſagreeableneſs of their taſte. Other patients can take them, not only with eaſe but pleaſure. The ſame indeed may be ſaid of almoſt all other remedies; for there are many aſthmatics who cannot bear ether, volatile ſalts, acrid aromatic fœtid plants, ſpirituous waters, (which endanger ſuffocation) gum ammoniac, caſtor, &c. and on account of ſhortneſs of breath and general irritability, ſome patients can bear no medicine in the ſolid form of either pills, boluſes, nor electuaries.

gave in the year 1776; and I had not heard of any practitioner who had uſed them before that time.

It occurred to me that ſince the Flowers of Zinc had been given with ſucceſs in other convulſive and ſpaſmodic diſorders, it was highly probable they would be found uſeful in the convulſive Aſthma. I was certain at leaſt that the trial was perfectly ſafe. Accordingly in the year 1776, I preſcribed the Flowers of Zinc in ſeveral aſthmatical caſes in private practice; and in the beginning of the year 1777, I made uſe of the ſame remedy in the York County Hoſpital, and the utility of it exceeded my expectations. I found it to be a powerful antiſpaſmodic, and at the ſame time beneficial in ſtrengthening the conſtitution. This diſcovery I immediately ſuggeſted to a few friends, and particularly to my worthy and learned friends Mr. Cappe, a Diſſenting Miniſter in this city, and Dr. Fowler, Phyſician at Stafford. The doſe of the Flowers of Zinc, which I uſually give, is from four grains to half a ſcruple, twice or thrice a day. Some ſtomachs can bear ten, or even fifteen grains with great eaſe, and others cannot bear above two or three grains without nauſea. Since my

firſt trials of the uſe of Zinc in the convulſive Aſthma, I found in the Medical Commentaries for the year 1778, that Dr. Percival of Manchester, in conſequence of the recommendation of his friend Dr. Dobſon of Liverpool, has given this remedy in a diſeaſe, ſimilar in ſome reſpects to the one above-mentioned; and I read with ſingular pleaſure (as I have done every thing which has come from ſo able a pen) two or three caſes, ſetting forth the advantages of Zinc in obſtinate coughs of the convulſive kind*. I was happy to obſerve that the practice

* "Mrs. P. aged 28, a Lady whoſe conſtitution had been much impaired by frequent child-bearing, was attacked with a ſevere Aſthma of the nervous kind, in the winter of the year 1776. The Aſthma was cured by the uſual methods of treatment, but left behind it a deep convulſive cough, the ſucceſſions of which were no leſs frequent than violent. Gum ammoniacum, paregoric elixir, ſp. nitri dulcis, and other remedies, were ſucceſſively tried. Little or no relief being obtained, I had recourſe to the Flowers of Zinc, beginning with half a grain twice in the day, and gradually increaſing the doſe to a grain and a half. The beneficial effects of this antiſpaſmodic were ſoon viſible, and in eight or ten days the patient was freed from her cough. A relapſe afterwards occurred from cold. The ſame medicine was repeated, and the cough again yielded to it as before.

"T. B. P. a youth about ten years of age, had a deep hoarſe cough, without any expectoration. The ſound of it was very unuſual, and not to be deſcribed; and it was attended with a quick, feeble pulſe, flushings in the face, and pain in the breaſt.

Every

practice of ſo accurate and learned a phyſician, coincided with my own.—I have ſubjoined *ſome caſes* of the Aſthma at the end of this Treatiſe, in which I have uſed the Flowers of Zinc with ſucceſs.

The laſt remedies, which we have to mention in the practice during the fit, are *pectorals* and *expectorants*.

*Oils*, *mucilages*, and *ſpermaceti*, are mild and uſeful pectorals, and are preſcribed with advantage in many caſes of the Aſthma. They are not of a heating inflammatory nature, and therefore are frequently given in this diſorder in dry bilious conſtitutions, in plethoric habits,



Every morning, about two o'clock, the cough recurred with great violence, and continued almoſt without intermiſſion till four or five. There was reaſon to ſuſpect worms, and I had been careful to cleanſe the primae viae on the firſt attack of the diſorder. A ſolution of ſperma ceti and gum ammoniac, with a few drops of tinct. thebaic. having no effect, I had recourſe to the flowers of zinc. Half a grain was given at noon, and the ſame doſe repeated at bed-time. The night paſſed with only a ſlight return of the cough; and, by continuing the uſe of this remedy, the youth perfectly recovered in a few days."

In the firſt of theſe caſes, related by Dr. Percival, the cough followed the aſthma, and was cured by Zinc. After curing the aſthma with Zinc, I have likewiſe often cured the cough with the ſame medicine.

or where there is ſome degree of local inflammation in the breaſt. For this purpoſe they are joined with ſaline medicines of the antiſpaſmodic kind, ſuch as nitre, ſal ammoniac, the ſaline mixture, the ſpirit of Mindererus, and the diuretic ſalt, which determine to the ſurface and promote perſpiration *. In ſome caſes, however, when the patient is loaded with phlegm and troubled with ſymptoms of indigeſtion, oils and mucilages are found to clog and diſorder the ſtomach.

*Squills*, *garlic*, *gum ammoniac*, and the *volatile alkali* are uſeful expectorants; but as they are of a more active, as well as heating nature, they cannot be given in the Aſthma, when plethora and inflammatory ſymptoms prevail. But when thoſe are removed by proper evacuations, and particularly towards the decline of a fit, when

* "As to ſweat, in a ſevere fit it is very great ſometimes, and in bed very hot, and without any benefit to the aſthmatic. I have often taken ſpirit of hartſhorn to produce ſweat, and to put by the fit, but it had not that effect, but made the following fit more violent."——This opinion of Floyer ſeems well founded, and he has, therefore, done well to expreſs it in direct terms. I have often ſeen profuſe ſweating very pernicious in the Aſthma, but never beneficial. It renders the conſtitution tender, relaxed, irritable, and more ſubject to take cold.

when nature is endeavoring to relieve herſelf by an expectoration of phlegm, ſquills, garlic, gum ammoniac, and the volatile alkali are uſeful remedies. For when the diſcharge of mucus is in ſmall quantity, they are thought to encreaſe it, and, when it is thick and viſcid, to render it thinner and more eaſily to be expectorated. Theſe medicines are likewiſe very beneficial in phlegmatic conſtitutions, and where the humoral Aſthma is complicated with the convulſive. In theſe caſes, it is highly requiſite to promote expectoration, and the relief obtained by it is conſiderable. To thoſe who cannot bear the taſte of ſquills, gum ammoniac, &c. wafer paper is very convenient for concealing it, either in pills or boluſes. The *acetum ſcilliticum*, the *oxymel ſcilliticum*, and the *lac ammoniacum*, are very uſeful preparations of thoſe remedies, where the palate and ſtomach of the patient can bear them with eaſe *.

## Part II.

We proceed now to the laſt part of this treatiſe, which conſiders the means of preventing

* Floyer is particularly fond of the vinegar and oxymel of ſquills, which he recommends as excellent remedies. He calls the vinegar of ſquills *Galen's bitter acid*, and ſays that "taken at bed-time, it often puts by the fit."

ing relapſes in aſthmatical complaints, and a moſt eſſential part it is. Many of the rules and obſervations, which tend to prevent the returns of the diſeaſe, will tend alſo to prevent the firſt attacks of it. The practice in the intervals of the aſthmatic fits comprehends regimen as well as remedies, both are very important, and neither of them alone ſufficiently to be depended upon. We ſhall begin with pointing out a proper *regimen*.

The firſt thing to be mentioned is the ſtate of the atmoſpherical air, ſerving the purpoſes of reſpiration, with regard both to *purity* and *temperature*.

*Pure air* is highly requiſite to the health of the human conſtitution; but it is particularly grateful and refreſhing to the aſthmatic patient. His lungs are often obſtructed, there is not a free paſſage for the air, a leſs quantity of it is inſpired, and conſequently that quantity ought to be as pure as poſſible, that it may ſupport properly the functions of life. Hence the *country* is found far preferable to *large towns*, in which the ſmoke, duſt, putrid exhalations, and other impurities of the air are very offenſive to the

the aſthmatical. For though the air of towns, from ſome peculiarities of conſtitution, may agree better with a few, than country air, yet this is no argument againſt the general fact. The inhabitants of towns, as we before obſerved, are leſs expoſed to changes of weather, than thoſe who live in the country, and this may be one principal reaſon why the country is ſometimes ſaid to diſagree. A dry ſtate of the air, which by its heavy preſſure makes the Barometer riſe, is obſerved to be the moſt favorable to thoſe who are afflicted with this diſeaſe. Hence the intervals are longeſt in a dry ſeaſon, and particularly in calm froſty weather, when the mercury ſtands high. The Weſt and North winds are in this country found the leaſt prejudicial*.

To preſerve the purity of the air, we ought frequently to have recourſe to ventilation. If we neglect this moſt neceſſary practice of ventilating houſes, the air within doors will certainly be impregnated with noxious vapors, exhaling partly from our own bodies, and partly from thoſe around us. In vain any one will hope to enjoy the benefit of the country,

 if

* Floyer.

if he conſtantly lives in a ſmall cloſe room, from which he excludes, with all poſſible caution, the admiſſion of freſh air. Doors and windows ought frequently to be opened, that the air in all the different apartments of the houſe may be changed. This is not mentioned as matter of indifference, but of abſolute neceſſity. For this reaſon too, a conſtant ventilator in ſmall rooms is very ſalutary. Aſthmatics are ſtrangely deceived if they imagine that pure freſh air is injurious to them. Are they not often obliged to fly to it for the ſupport of life? When the fit attacks them, do they not often ruſh out of bed into the cool air? Is that likely to be pernicious at the commencement of the Aſthma, which is abſolutely neceſſary for the exiſtence of the patient, when the diſorder has gained ſtrength and is become worſe by duration?—It is an excellent practice for a perſon generally to leave the door or window of his room open when he goes out of it, that he may find a pure freſh air within when he returns. If this practice is conſtantly attended to, the patient will find great benefit from it; and the neglect of it, as daily obſervation proves, is very detrimental to health.

With

With regard to the *temperature* of the air, I have already obſerved that *external heat* is a powerful cauſe of the Aſthma; that it produces weakneſs and irritability of the lungs, prediſpoſes them to convulſive affections, makes the conſtitution tender, and very liable to be injured by cold, and ſudden changes of weather; in conſequence of which the patient is ſubject to catarrhs, winter coughs, peripneumonies, tubercles, and obſtructions; which alſo weaken the lungs, encreaſe their irritability, and lay the foundation for aſthmatical complaints.

Nothing can, in my opinion, be more contrary to the true plan of preſerving health, than that which is followed by the bulk of mankind. In the firſt inſtance, thoughtleſſneſs, ignorance, or an abſurd compliance with cuſtom, leads many to ſit in *cloſe rooms*, *near large fires*, and to lie *hot* in the *night*. If they perſpire very much in bed, they do not give themſelves the trouble to reflect upon the cauſe, but continue on in the ſame way, although, in conſequence of too much covering, they are ſo hot, that they cannot ſleep with any degree of comfort. By this method of proceeding, their conſtitutions become tender, and they take cold from change of weather, or ſome

other ſlight cauſe, which terminates in a cough or catarrh. To remove this indiſpoſition, (which a little common prudence would do much more effectually and in a ſhorter time than great care) the patients confine themſelves to their room, are kept ſtill warmer in the day, and by lying with more covering in the night, and drinking plentifully of warm diluting things, endeavor to ſweat profuſely, under an idea of obtaining relief. After much relaxation of the conſtitution, with encreaſed irritability of the lungs, they find themſelves, perhaps, in four or five weeks, free from their diſeaſe, and again venture abroad. In this ſituation it frequently happens, that they get another cold, blame ſome trifling circumſtance, are vexed at themſelves, reſolve to be more cautious for the future, and again enter upon their former plan of cure. This ſtate of the conſtitution and mode of treatment, is particularly unfavorable in the autumnal ſeaſon, when winter, and perhaps a cold changeable ſpring, preſent before their eyes a dreary melancholy proſpect. Thus one cold ſucceeds another,—the cough, with expectoration at times, continues all winter, goes off in the ſummer, returns again in the autumn, changes into what is termed a winter cough or the

humoral

humoral Aſthma,—ſtuffing and ſhortneſs of breath ſupervene, with ſudden tightneſs over the breaſt, and difficulty of breathing. In this way the convulſive Aſthma in irritable habits is added to the humoral—both diſeaſes encreaſe together—obſtructions in the lungs form, and the malady is frequently rendered incurable. An unnatural degree of heat is often the principal cauſe of the complaint, though, unhappily for the diſtreſſed patients, it is, perhaps, conſidered by them as eſſentially requiſite to the cure.

Now to prevent thoſe evils is matter of the utmoſt importance. The eaſe, the comfort, and welfare of thouſands depend greatly upon it. This diſorder robs us daily of many uſeful and valuable members of ſociety.

The method of prevention, which, I believe, would commonly be ſucceſsful, is comprehended in few words; and it will not only anſwer that important end, but alſo contribute much to preſerve the whole conſtitution from nervous irritability, general weakneſs, and many other complaints. It requires that we caſt off the effeminacy of the preſent times, abandon the deſtructive luxury of heat, and compelled by

by unanſwerable reaſons and long experience, return to follow that line of conduct, which Providence originally intended for us, and which alone is ſuited to the nature and ſtructure of our conſtitutions.

One of the moſt uſeful maxims which can be advanced on this ſubject, is *To avoid much artificial external warmth, and to breathe always a cold or temperate air, but never a heated one*; a maxim, which if univerſally known and adopted, would contribute greatly both to reſtore and to preſerve the health of the human ſpecies.

We are not here recommending cold in the extreme; for a practice, founded on ſuch a principle, ought certainly to be deemed raſh and abſurd. The medium is ſafe, but all extremes are dangerous. If the room be ſmall, let the fire be ſmall; if the room be large, let the fire be large in proportion; but in neither caſe ſhould the patient be ſo near it, as to breathe a heated air. In very ſmall cloſe rooms, whether uſed as parlours or bed-chambers, the air ſhould be frequently changed by

ventilation,

ventilation, with a view to moderate its temperature*.

At nights the curtains ſhould always be undrawn at the feet of the bed; and partly at the ſides, both in winter and in ſummer. To have the curtains drawn cloſe is very unwholeſome. The covering of the body ſhould be ſuch as will maintain a moderate, but a ſufficient degree of warmth, without inducing a copious perſpiration, or a burning heat. It ſhould be greater upon the feet, than upon the breaſt; for if any part of the body be cold, it is generally the lower extremities, which are moſt diſtant from the heart, and in which the circulation of the blood is the moſt languid. Part of the covering of the bed may conſiſt of looſe things, as a coat, ſurtout, &c. The blankets and counterpane ſhould come ſingle up to the chin, and not, as is commonly the caſe, lie double over the breaſt, for if they do, they often load the patient, impede reſpiration, and towards morning heat the body to an unnatural

* We juſt before obſerved, when ſpeaking of the purity of the air, that a ventilator in ſmall rooms was very uſeful, and that a door or window ſhould at proper times be frequently ſet open. The ſame practice is highly requiſite to render the air cool and temperate, and to prevent the bad effects of the exceſs of heat.

unnatural and unwholeſome degree. The looſe part of the covering at nights ſhould be more or leſs, not only according to the ſeaſon of the year, but alſo according to the preſent ſtate of the weather at that time. Nothing can be more unnatural, than to have the ſame quantity of bed-cloaths in winter and in ſummer, or in the depth of winter and in the middle of ſpring, or even in ſoft mild winter weather, and an intenſe froſt*. Such conduct, though too common, cannot be defended on the principles of the preſervation of health. The brute creation, in this inſtance, ſet us a better example; they ſeek ſhelter, more or leſs perfect, according to the ſeverity or mildneſs of the weather, and thus follow that courſe through inſtinct alone, which both reaſon and inſtinct recommend to us. One advantage of having ſome looſe cloaths upon the bed, is the eaſe with which they may be caſt off in the morning, when we feel ourſelves growing too warm and diſpoſed to ſweat; for morning ſweats are very hurtful, and ſometimes even dangerous in

* In mild winter weather the Thermometer will frequently be at 50, and in an intenſe froſt it will be at 15. The difference is 35 degrees. Summer heat is 75, which is only 25 degrees above 50; ſo that the difference of heat between mild winter weather and an intenſe froſt is greater, than that between mild winter weather and ſummer heat.

in this diſorder. The feather-beds, on which we lie, ſhould be ſufficiently hard, or covered with a mattreſs to make them ſo. A ſoft bed is very heating and unwholeſome.

With regard to the dreſs of the patient through the day, it ſhould be various according to his age and conſtitution, to the duration and violence of the diſeaſe, and to the ſeaſon of the year. A young man of an active turn of mind, in whom the diſeaſe is juſt commencing, ought not to clothe himſelf like an old inactive man, borne down with the infirmities of age and long illneſſes. A ſtrong conſtitution requires leſs covering than a weak one. But in cold weather, it is very proper in general for all aſthmatic patients to be well clothed, that perſpiration may not be ſuddenly checked. Yet a load of ſuperfluous clothing is extremely hurtful, in conſequence of its power of relaxing and weakening the conſtitution, and of inducing a diſpoſition to profuſe ſweats, by deſtroying the tone of the exhalant veſſels, which open upon the ſurface of the ſkin. It is, however, far better to have the body kept warm by *proper clothing*, than by ſitting in warm rooms near large fires, and breathing a hot air, for the pernicious in-

fluence of the laſt is more immediately felt upon the lungs. A *flannel waiſtcoat*, *warm ſtockings*, and a pair of *warm ſtrong ſhoes* with *cork ſoles*, cannot be improper for one of advanced years, laboring under this diſeaſe, whoſe exerciſes are always moderate and regular. But with regard to the young and ſtrong, who delight in more active exerciſes, it is not ſo clear whether a flannel waiſtcoat be adviſeable or no. If they be fond of ſhooting, hunting, and ſuch like diverſions, a flannel waiſtcoat will often be found very heating. To patients of this turn one would rather adviſe the ordinary dreſs of the country, and inſtead of a flannel waiſtcoat, recommend the occaſional uſe of a ſurtout in very cold weather, when their exerciſe is moderate. But if a flannel waiſtcoat be worn, it ſhould be above the ſhirt and frequently changed *. The difficulty lies in caſting any additional clothing, as the warm weather comes on, and particularly to the thoughtleſs and inexperienced. But when a

* If the patient be extremely tender, or ſo weak as to be ſubject to ſweat profuſely, it may not be improper in this caſe to wear the flannel waiſtcoat next to the ſkin ——In ſome caſes too, under ſimilar circumſtances, a calico waiſtcoat is worn with advantage, when a flannel waiſtcoat is too warm. The calico waiſtcoat ſhould be next to the ſkin, and frequently changed.

a young man, reduced by the diſeaſe, is unable to engage in any active exerciſes, and is become as regular in his motions and conduct, as thoſe of a more advanced age,—to ſuch a one a flannel waiſtcoat in the cold months of the year, is often comfortable and ſalutary.

The aſthmatic patient ſhould avoid *large* parties in *ſmall* rooms, and all *crowded public places*, in which the air is hot and impure. A few hours ſpent at a place of that kind, eſpecially on a crowded night, may deſtroy all the good effects of twelve months prudent conduct.

Now if it ſhould be aſked whether or no the aſthmatic patient, who has always run into the extreme of heat, as well by ſitting in very cloſe rooms, as by lying very hot in the night, and loading his body with ſuperfluous flannels in the day, ſhould endeavor to alter that manner of living, to which he has been ſo long accuſtomed,—the anſwer is given in the affirmative. But the change here recommended, is not to originate from a ſudden haſty thought to be executed in a moment; it is a *cautious gradual change*, from a pernicious unnatural mode of living, to one which is agreeable to the laws of nature, conſiſtent with the frame of the

human conſtitution, and, I will be bold to add, founded on juſt principles and ſucceſsful experience. I ſay a cautious and gradual change, for any other change would be dangerous in the higheſt degree. Fortunate are we, if we have never acquired thoſe pernicious habits; but when they are once acquired time and care alone can extricate us from them. Firſt one little error ſhould be corrected, and then a ſecond. The ſeaſon of the year, and the ſtate of the weather ſhould be taken into conſideration. Spring and ſummer is a more favorable time, than autumn and winter. But proper changes may be ventured upon at any ſeaſon of the year, for it is abſurd to continue on in that plan, which is fixing the diſorder and ruining the conſtitution. To make the change which is here propoſed, will require often a conſiderable length of time, not leſs than years, if the habits are bad, and have been long eſtabliſhed. The ſmalleſt alterations are to be made at once; and when made, they ought to be ſteadily continued. If during the change, which is begun deliberately, and fixt upon with judgment, a relapſe of a fit ſhould take place, the patient ſhould not return to his former habits, but he ſhould conſider how many ſevere relapſes he has already had,

had—conſole himſelf with the idea of more mild and leſs frequent returns of the fits,—and adhere with firmneſs to what experience has proved to be right. Relapſes are to be expected, and the more tender we are, the greater probability there is, that relapſes ſhould occur. But theſe are to be borne with patience, under the pleaſing proſpect of better times, for they would have occurred had no changes at all been made. I am ſpeaking now to thoſe patients in whom there is a chance of recovery. But with regard to thoſe who are old, decrepit, and paſt all hopes of a cure, or where the vital powers are dangerouſly exhauſted at an early period; to them the preſent advice, in its full extent, is not directed. A plan of treatment that would be proper for a perſon of thirty or forty, of a ſound habit of body, would ill agree with one of ſeventy or eighty. Eaſe in the laſt caſe is all that can be expected, but a cure, in my opinion, ought to be attempted in the firſt. We know the taſk is arduous, but the bleſſing of health will amply repay the trouble, even tho' it ſhould require ſeveral years to eſtabliſh the cure.

With regard to *diet*, as the ſtomach is often weak and relaxed, much care and attention is neceſſary.

neceſſary. Symptoms of wind, indigeſtion, colic pains, heart-burn, coſtiveneſs, want of appetite, and many others, which are attendant on chronic or general weakneſs, occur frequently in aſthmatical caſes. This ſubject has been very fully and carefully conſidered in a pamphlet, which I lately publiſhed on Chronic Weakneſs, and therefore it would be improper here to enter again into a full diſcuſſion of it *. The cauſes and nature of chronic or general weakneſs of the whole conſtitution, ought to be minutely inveſtigated and well underſtood by every one, who wiſhes to practice with ſucceſs in the healing art.

The diet of aſthmatical patients ſhould be mild, eaſy of digeſtion, and without any high ſeaſoning. *Plain meats*, without fat or greaſy ſauces, are the moſt proper, along with a *moderate* quantity of *vegetables*, when the ſtomach can digeſt them. The ſtomach ſhould never be over-loaded at any one meal, for that prevents the free action of the midriff, creates a great impediment to reſpiration, and gives much

* As Chronic Weakneſs comprehends a weak ſtomach and a bad digeſtion, as well as general weakneſs and relaxation of the nerves and whole conſtitution, it was neceſſary for me, in the above-mentioned pamphlet, to be very full on the article of diet; to which therefore I muſt beg leave to refer my reader.

much uneaſineſs in the Aſthma. We know that aſthmatics are often fond of high-ſeaſoned diſhes, and eat them with pleaſure; but moderate ſeaſoning, which may be allowed, is certainly leſs heating and much ſafer. Any kind of *fiſh* which is not too rich and glutinous, is by no means improper in this diſorder, when eaten with reliſh, and digeſted with eaſe; but affords, on the contrary, a mild wholeſome nouriſhment to the conſtitution *.

Whatever creates wind, flatulencies, and acidities, ought to be carefully avoided by thoſe whoſe ſtomachs are weak and delicate. Vegetables, in ſome caſes, diſagree, particularly cabbages, cucumbers, cold ſallads, and ſuch like. Every one, in theſe inſtances, muſt judge for himſelf, and his own experience muſt direct him †. Vegetables, where they agree

* Some are of opinion that all fiſh is unwholeſome in the Aſthma, and aſſert that it creates much phlegm; but this opinion is not well founded.

† Floyer (as well as many other Aſthmatics) found the following things to diſagree with him, viz. pyes, cakes, heavy pudding, flour meats unfermented, jellies, crude ſlimy flatulent meats, as herbs, ſallads, muſhrooms, peas and beans; but good bread, well fermented, well baked, with the bran not too much dreſſed out, is very wholeſome food in the Aſthma, along with plain meats.

agree with the ſtomach, are very wholeſome in themſelves, and it rarely, if ever happens, that all vegetables diſagree. *Bread*, *rice*, *potatoes*, *aſparagus*, *artichoaks*, or ſome *others* of the *lighteſt* kind, will be found of eaſy digeſtion.—*Fruits* ſhould never be eaten on a full ſtomach, for which reaſon, *deſerts* after dinner are very improper for the Aſthmatical. *Ripe fruits*, either freſh or dried, taken on an empty ſtomach, are not to be forbidden, when they do not diſturb digeſtion; for they are cooling, highly antiſcorbutic, ſomewhat opening, and therefore very uſeful in inflammatory conſtitutions. If the ſtomach be ſo weak, that fruits create wind, acidities, or pain, they ſhould be avoided, and the diet ſhould conſiſt of mild meats, and be of a more ſolid reſtorative kind.

Cows' milk, aſſes' milk, and goats' whey are wholeſome food, and are often very proper in aſthmatical caſes; but the ſtomach ſhould never be loaded with too large a quantity at once*. Some people, nevertheleſs, cannot uſe

* Dr. Millar is a ſtrong advocate for milk.—Goats' whey is drunk to great advantage in the Highlands of Scotland; and as a long journey is often very ſerviceable to the aſthmatical, an excurſion

uſe milk in any form, not even in a diluted ſtate; they find that it clogs and oppreſſes the ſtomach, or induces coſtiveneſs.

*Malt liquors*, if the digeſtive organs be ſufficiently ſtrong to bear them with eaſe, are not improper, when moderately uſed; and many aſthmatics eſteem them highly. Small beer of a proper age, well fermented, and drunk out of the caſk, may generally be allowed. Good ſound ale too, of the ſame qualities, is ſometimes very proper. But when the ſtomach is weak, all malt liquors are apt to create wind and acidities; in which caſe they are pernicious. *Toaſt and water* by itſelf, or with a *little wine* of a good body, is to be adviſed. If wine turn ſour on the ſtomach, water alone is very proper, and it may occaſionally be mixt with a *ſmall proportion* of *rum* or *brandy*. The moderate uſe of fermented liquors is neceſſary in aſthmatical diſorders, when there is any gout in the

O conſtitution,

excurſion of that kind in the ſpring or ſummer months, is ſometimes attended with the happieſt effects, eſpecially if it ſuit the patient's taſte, and be conducted with proper care and judgment. Conſumptive caſes, likewiſe, have often been greatly benefited by ſuch a journey, where change of air and exerciſe are united, along with a mild cooling diet, conſiſting chiefly of goats' whey, milk, and vegetables.

conſtitution, or in people reduced by the diſeaſe, or far advanced in years. In the young and plethoric, *a ſpare diet*, conſiſting chiefly of *milk* and *vegetables*, without any *ſtrong liquors* *, is found, by experience, to be the *ſafeſt* and *beſt*. But theſe things muſt be determined by the attending practitioner, from a careful inveſtigation, and an accurate knowledge of the patient's conſtitution.—*Tea* and *coffee*, as they not only relax the nerves, but encreaſe irritability, and diſorder the ſtomach, are for the moſt part improper.—*Acids*, particularly the *juice* of *lemons* and *oranges*, are ſerviceable in ſcorbutic, inflammatory conſtitutions, and when moderately uſed, agree often with the aſthmatic patient. They may be mixed with water alone, or ſometimes with a little wine and water as occaſion may require. But in caſes of weak ſtomachs, they often create acidities, and diſorder the patient to a great degree †.

*Exerciſe*

* Floyer adviſes a pint of water to be drunk in a morning, and a gill at noon and at night; and aſſerts that if *fermented liquors* were not uſed, the aſthmatic fits would be *rare*. Water with a toaſt in it, agreed beſt with him, and frequently put off his fits.

† Floyer recommends the uſe of acids and aceſcents very ſtrongly in the Aſthma, and affirms that no Aſthma can either be cured or prevented without them. They are particularly proper

*Exerciſe* in the interval of the aſthmatic fit is *extremely* beneficial. The good effects of it on the conſtitution, as well in diminiſhing plethora, as in removing irritability, and ſtrengthening the whole frame, we have had occaſion to ſhew in former publications. It is hardly neceſſary to add, that too much can never be ſaid in praiſe of it, when proportioned



proper in ſummer, at which time too he thinks the more cooling remedies are to be adviſed, ſuch as vitriolated ſalts, ſal ammoniac, ſal prunel, ſal ſuccini. The acids and aceſcents which he recommends are, the tartarous acid,—verjuice,—vinegar,—mineral acids,—acid vegetables and fruits, as ſorrel, barberries, grapes, lemonade, lemon-poſſet-drink, butter-milk, decoctions of pippins, conſerve of ſorrel and hyps, rob of barberries. Floyer further adviſes the patient to acidulate his meats and drinks.—But all theſe things ſhould be uſed with proper reſtrictions, as ſometimes they ferment, diſorder the ſtomach, and occaſion griping pains and acidities, particularly in hypochondriac people. Floyer thinks acids are the beſt correctors of opium, bitters, gum ammoniac, &c. and greatly improve thoſe remedies in aſthmatical caſes; for he properly conſiders all very hot medicines as hurtful. He uſed very much what he ſtiles his *bitter Acid*, of which the following is the recipe. R. Rad. ʒedoariæ ℥ i. coq. in Aq. Font. ℔ ij. ad ℔ iſs. Colaturæ adde aceti ℥ iv. in quibus diſſolvatur ammoniaci ℥ i. Colaturæ adde mellis ℥ iv. Coq. & deſpumatur & coletur. When he found his Aſthma coming on he took three ſpoonfuls of that bitter acid, and drank after it toaſt and water, which, he ſays, allayed the inflations of his ſtomach, and put off the fit. He continued this remedy ſometimes for fourteen nights together; and ſometimes he uſed to take the ſame doſe morning and evening for ſeveral months.

to the ſtrength of the conſtitution, and to the degree of the complaint. Young people, in whom the diſorder is commencing, may, if they have no natural deformity of body which renders it unadviſeable, uſe exerciſe freely, on foot or horſeback *, eſpecially if they are fond of rural diverſions, ſuch as farming, botanizing, ſhooting, hunting, &c. Thoſe who are in years, of a groſs corpulent habit, or of an emaciated conſtitution and deformed perſon, who have been long and heavily afflicted with the diſeaſe in its complicated ſtate, cannot bear ſtrong exerciſes. To ſuch, gentle motion in a carriage, on horſeback, or by ſailing, is preferable to bodily exerciſe or labor, which, by quickening the circulation too ſuddenly, is found to oppreſs the lungs, to diſturb the freedom of reſpiration, to fatigue and exhauſt the patient. When joined with moderate exerciſe, the advantages likewiſe of cool freſh air in aſthmatical caſes, are rendered ſtill greater. I would not wiſh to be underſtood to condemn walking, as improper, where it can be borne with tolerable eaſe; ſince it is the only exerciſe that many patients are able to make uſe of, and I have ſeen

* After a fit, riding is obſerved to promote expectoration, and is therefore very ſerviceable.

ſeen it prove remarkably ſerviceable. Floyer very juſtly obſerves, "That they who uſe no "exerciſe in the intervals of the fits, ſoon fall "into cachexies, lethargies, dropſies through "too much ſerum, loſs of appetite and con-"ſumption, for want of perſpiration and ex-"pectoration."

The *occaſional cauſes*, which bring on the fits, ought to be cloſely attended to by the patient himſelf, as well as the practitioner. In this reſpect, the convulſive Aſthma reſembles the epilepſy, hyſterics, intermittents, and other nervous diſorders, which return by fits. The avoiding of occaſional cauſes is of the utmoſt conſequence in the Aſthma; for the more frequent the returns of the diſorder are, the diſpoſition to them in the conſtitution becomes ſtronger and the cure more difficult. If unaccuſtomed cold, moiſture, or ſudden changes of weather, bring on the fits, the patient ſhould endeavor prudently to guard againſt the effects of thoſe; but ſhould not, at the ſame time, run into the oppoſite extreme. Duſt, metallic fumes, ſmokes, and all particular ſmells, ought to be carefully avoided. I mentioned the caſe of a gentleman, in which the ſmell of new feather-beds bring on his fits. Nothing, ſurely,

ſurely, would be more abſurd, than for him to continue to ſleep in ſuch a bed, which in time would ſo diſorder the lungs, as to render them liable to convulſive affections from other ſlight cauſes. Any trade or buſineſs, if it diſagree with a patient, ſhould, if poſſible, be changed, otherwiſe it will be extremely difficult, if not totally out of the reach of art, to cure the diſeaſe. For if duſt, ſmoke, metallic fumes, &c. firſt induced the Aſthma, they will, if applied to the lungs, continue to encreaſe it. All great evacuations by ſweating, bleeding, or purging, as well as exceſſive fatigue, and violent motion, ſhould be avoided; becauſe they weaken and exhauſt the conſtitution, and bring on the fits. Shouting, public ſpeaking, ſinging, and all other ſtrong exertions of the voice are very pernicious, eſpecially if the lungs be weak, and the patient be of a ſcrofulous habit. All aſthmatics ſhould endeavor ſo to govern their tempers, that ſmall cauſes of offence may not excite the paſſion of anger, and, along with it, a fit of the Aſthma. Exceſſive ſtudy and very cloſe application of mind is hurtful, as well as all ſurfeits, debauches, exceſſes in venery. The depreſſing paſſions, ſuch as grief, ſadneſs, &c. are to be moderated as much as poſ-

ſible;

ſible; for they diſorder the nervous ſyſtem, impede the circulation of the blood, check perſpiration, and often induce a fit.

Having ſaid thus much concerning regimen, we proceed to conſider the *remedies* which are to be employed in the *intervals* of the Aſthma.

With a view to practice ſucceſsfully during the intervals of the diſeaſe, it is neceſſary to attend carefully to the patient's conſtitution, and to the accuſtomed frequency of relapſes. If the fits be ſhort and frequent, recurring (for example) once or twice in twenty-four hours, and laſting only about half an hour or an hour; the remedies, whether of the ſtrengthening or antiſpaſmodic kind, are generally given in the intervals of the diſorder If, on the contrary, the fits be long, with great intervals, the remedies, which have been already mentioned, are, during the time of the fits, to be employed; and we muſt now proceed to point out, what particular practice is found to be the moſt ſucceſsful in the intervals, for preventing relapſes.

In all caſes of the Aſthma we ought to conſider whether the patient be of a *full and plethoric*,

or

or of a *weak and relaxed conſtitution*;—whether the lungs be *ſound*, or *obſtructed* with *tubercles*;—whether the Aſthma be *purely convulſive*, or, what is much more frequent, *complicated* with a *winter cough*. From the conſideration of thoſe particulars, joined to others, which will naturally ariſe in the diſcuſſion of the ſubject, we ſhall endeavor to draw the neceſſary diſtinctions, and to lay down the uſeful rules of practice, without entering into theoretical diſquiſitions, unſupported by facts.

1. If the patient, who is ſubject to the Aſthma, be of a *full* and *corpulent* habit, we ought, in this caſe, to regulate our practice, under the general principle of *diminiſhing corpulency* and *fulneſs* of the veſſels. For this purpoſe, beſides a *low diet* * and *regular exerciſe*, or rather *gentle labor*, (which are of the *utmoſt importance*) it may not be improper, occaſionally to adviſe *blood-letting*, when previous habits, with a ſenſe of fulneſs and pain in the breaſt and head, ſeem

* "The leſs Aſthmatics are nouriſhed, the longer are the "intervals of the fit, and the clearer is the breath; for if we "eat moderately we ſubtract the quantity of our chyle, and we "better digeſt what we take, but any exceſs raiſes a tumul- "tuous fermentation in the ſtomach and blood, which produces "a rarefaction in the ſpirits. So true is Hippocrates's obſer- "vation, *If a man eats and drinks little he ſhall have no diſ- "eaſe.*" Floyer.

ſeem to indicate it. But the unneceſſary uſe of the lancet ought cautiouſly to be avoided, for it would encreaſe the diſpoſition to plethora in the conſtitution, and ſo tend to quicken the return, and aggravate the ſymptoms of the diſeaſe. When laxatives and purgatives are indicated by coſtiveneſs and plethora, there are, beſides thoſe kept in the ſhops which we have already mentioned *, *ſea water*, *Harrowgate water*, and the *water* at *Thorpe-Arch*, which are found in ſome caſes to anſwer well. The virtues of the laſt, as a laxative, are of a much weaker and milder nature than thoſe of the two firſt. *Saline* and *nitrous mixtures*, the *mineral acids*, ſuch as the *marine* and *vitriolic*, *decoctions* of *china*, of *ſarſaparilla*, *&c.* may be employed with ſafety and advantage. Antiſpaſmodics, *camphor*, *aſafætida*, *muſk*, *caſtor*, *valerian*, may be occaſionally uſed. *Iſſues* and *ſetons*, in this caſe, are often very ſerviceable. When, likewiſe, by time and proper means the fulneſs of the veſſels is removed, and a general irritability remains, *bark*, *bitters*, *chalybeates* †, *Bath*

 *water*,

* Vide p. 71.

† Chalybeates, ſuch as rubigo & limaturæ ferri, ſal martis, and chalybeate-waters, can only be uſed, when chronic weakneſs is combined with the Aſthma; for in other caſes, particularly

*water* *, *ſea bathing* and the *cold bath* †, may often be advantageouſly preſcribed; and if the diſeaſe be ſufficiently urgent to require them, I muſt recommend ſtrongly large doſes of the *flowers of zinc*, from the cautious uſe of which, in the intervals of the Aſthma, I

larly when plethora prevails, they are very hurtful. Neither will they, in all caſes of weakneſs, agree with the conſtitution. They did not agree with Floyer. But a few exceptions are not a ſufficient objection againſt their uſe in the interval of the fits. Floyer himſelf has preſcribed them to others with advantage; he mentions patients who were relieved at the German Spa; and Dr. Millar, in his Obſervations on the Aſthma, recommends them. Dr. Fowler, Phyſician at Litchfield, thinks the ſalt of ſteel more ſtrengthening, in bodily weakneſs, than the bark; a fact aſcertained by his own experience and repeated obſervations, which therefore may be relied upon with the greateſt confidence. The doſe of the ſal martis (he properly obſerves) muſt be adapted with exactneſs to the ſtomach of the patient.

* Floyer drank the bath waters and recommends them, particularly in cold, corpulent, ſluggiſh conſtitutions; but he ſpeaks againſt bathing in them, as it opens the pores and ſubjects the patient to take cold. Yet he candidly mentions (p. 180) ſome caſes communicated to him by Dr. Tyſon, in which bathing in the bath waters was uſed with great advantage. Dr. Falconer, in his Treatiſe on Bath-Waters, p. 385, obſerves, that they "are often of great uſe in the intervals of "the paroxiſms, in preventing their returns."

† Dr. Millar is of opinion that the cold bath in the intervals is extremely uſeful, and preferable to all other tonics. He mentions ſeveral caſes of its ſafety and ſucceſs in preventing relapſes.

I have ſeen the happieſt effects in preventing relapſes. Thus, by the judicious employment of tonics, the fixt local weakneſs and irritability of the lungs is moſt ſucceſsfully obviated. All hot ſtimulating medicines in this, as well as in all other diſorders accompanied with plethora, are highly dangerous and improper.

2. But if, inſtead of being full and plethoric, the patient be of a *weak*, *relaxed*, and *irritable* conſtitution, ſubject to the common ſymptoms of indigeſtion, then he muſt be conſidered as laboring under chronic or general weakneſs, and the practice, in the intervals of the Aſthma, muſt be regulated on the ſame general principles, as the practice in that diſeaſe *. *Pure cool air*, *regular gentle exerciſe*, a *ſpare*, but *reſtorative diet*, joined to the proper uſe of *emetic*, *laxative*, *ſtrengthening*, and *antiſpaſmodic* remedies, are to be adviſed, as promiſing the faireſt to be ſucceſsful. The moderate uſe too of cordials is by no means to be prohibited. The antiſpaſmodics and tonics, which may be employed, we have juſt mentioned †. The *cold bath* and *ſea bathing*, at a proper time of the year, are particularly ſerviceable in this



* Vid. Treatiſe on Chronic Weakneſs. † Vide p. 113.

caſe, when the patient is not too weak, when the lungs are free from obſtructions, and there is no obſtinate complication of the humoral Aſthma. This practice will ſtrengthen the whole conſtitution, diminiſh irritability, and obviate the unnatural delicacy and tenderneſs, which is acquired by imprudent expoſure to heat. But if the conſtitution be ſo weak, as not to be able to bear cold-bathing, *temperate bathing* will be requiſite, and, for this purpoſe, the patient may reſort to *Buxton** or *Matlock Wells*.

3. If *ſcrofulous obſtructions* or *tubercles* of the lungs occur along with the convulſive Aſthma, they will require great attention in the intervals, leſt, by neglect, the patient ſhould fall into a deep conſumption. Knots or tubercles in the lymphatic glands of the lungs, are a very common diſeaſe; but the diſtinguiſhing or diagnoſtic marks are of an ambiguous nature. This affection is often confounded with the

* Dr. Hunter, who is ever attentive to the public good, has not only been one of the firſt and principal promoters of a moſt excellent inſtitution for the reception of Lunatics near the city of York, but has, at a great expence, provided *Medicated Baths*, one of which he has proved, by many well-grounded facts, to poſſeſs every quality of the Buxton Wells. Thoſe in this neighbourhood, therefore, to whom it is not convenient to viſit Buxton, may have the benefit of this Medicated Bath.

the catarrh. Hence practitioners have frequently conſidered a caſe as a common cold; when, in a few months, the patient has died of a pulmonary conſumption. The reverſe likewiſe is true; for many, laboring under a ſimple catarrh, have been thought deeply conſumptive, who, nevertheleſs, were perfectly cured in a few weeks, by the very ſame perſon who had pronounced their diſorder fatal.

A cough may be ſuſpected to ariſe from tubercles, when it does not occur from evident cold; when it does not begin with ſtuffing in the head, hoarſeneſs, or any diſcharge of mucus from the noſe and throat; when it not only occurs in the ſpring, autumn, or winter, but alſo in the ſummer; when it is attended with ſhortneſs of breath, particularly on motion; when it is not full and violent, but often trifling, ſo as even to be denied by the patient; and when it does not go off in a few weeks, but continues many months. Our ſuſpicions are rendered much ſtronger, if the lungs have been ſeverely injured by the meaſles, local inflammations, or other complaints; and they are altogether confirmed, if, with the above circumſtances, the patient be of a thin ſcrofulous habit, of a fine delicate complexion, with

ſwelled

ſwelled lips, glandular ſwellings in the neck, and a hectic fever. We may add too ſymptoms of a ſcrofulous affection in the meſentery, ſuch as a tumid body, frequent diarrheas, griping pains, emaciation, &c. which will ſtill render our ſuſpicion of tubercles in the lungs ſtronger, and more indiſputable *.

The caſe above ſtated is one of great nicety and difficulty as well as importance. But when an Aſthma has continued long, recurring frequently with great violence, and is complicated alſo with the humoral, tubercles are always to be ſuſpected, from the great injuries the lungs have ſuſtained by the diſeaſe, independent of any conſtitutional ſcrofulous taint. No part of the body can be long and violently affected with a diſorder, without being very ſenſibly injured; and diſſections, in the caſes of old aſthmatics, have generally proved the exiſtence of tubercles. The writings of Bonetus and Morgagni afford us numerous examples of what is here aſſerted; as well as the daily obſervations of ſeveral modern practitioners,

* Dr. Cullen, in a clynical lecture on a caſe of tubercles in the lungs, was very learned and accurate in the diſtinction and treatment of that diſeaſe.

titioners, who contribute much to the improvement of their art by an accurate relation of the morbid appearances obſerved on diſſection. The tubercles, therefore, of elderly people, being the effect merely of the diſeaſe, will require, for the removal of them, the neceſſary treatment of the Aſthma, both in the fit and during the interval; for unleſs the cauſe be taken away, the effect muſt continue *.

But the tubercles, before-mentioned, are chiefly of the ſcrofulous kind, depending on the conſtitution, accompanied with ſymptoms of an inflammatory nature, and often occur prior to the Aſthma, or immediately appear to exiſt along with it. They are particularly dangerous to the young, whoſe cheſts are narrow, and where there is a conſumptive tendency in the family. In this caſe, there is often great danger of a conſumption, and therefore an early and cautious treatment in the intervals of the Aſthma is highly requiſite, to avert the impending evil. As this ſubject is too extenſive

* I muſt here obſerve that *mercury*, given in ſmall doſes as an alterative, has been frequently preſcribed by phyſicians of eminence, for the removal of tubercles of this nature; and not without ſucceſs in ſeveral inſtances, when the patient was not too weak to bear it. Floyer recommends it, and the late Dr. Gregory was an advocate for it.

ſive to admit here of a full diſcuſſion, we muſt content ourſelves with the mention only of the moſt important parts of the cure.

The firſt and principal requiſites in the treatment, are to obviate and remove the inflammatory ſtate of the conſtitution, leſt the tubercles ſhould inflame, and end in ſmall ulcers of the lungs, which would ſoon degenerate into a deep pulmonary conſumption. A diet, conſiſting chiefly of *milk and vegetables*, is of the utmoſt conſequence, and ſhould be ſteadily perſevered in. *High living*, *much animal food*, *all ſeaſoned meats*, and *ſtrong liquors*, are very pernicious, as they encreaſe the natural tendency to inflammation, by inducing plethora, and ſtimulating the action of the heart and arteries. *Regular*, *gentle exerciſe* is of the greateſt importance, and affords moſt evident relief, ſuch as *riding*, *walking*, *&c.* The eaſy motion too of ſailing or travelling in a carriage is very ſerviceable. *Country air* is ſtrongly to be recommended, both in winter and in ſummer, and along with it, the utmoſt caution in avoiding *exceſs* of *artificial external heat*. If the conſtitution be full of blood, and there be a ſtrong hard pulſe, with pains in the breaſt, *repeated bleedings*, according to the patient's ſtrength

ſtrength and the urgency of the ſymptoms, are requiſite and highly beneficial. *Mild cooling laxatives*, ſuch as the *neutral ſalts*, *cream of tartar*, *rhubarb*, *lenitive electuary*, *caſtor oil*, *tamarinds*, *&c.* are adviſable, to obviate coſtiveneſs and keep the body open. *Gentle emetics* are ſafe and uſeful; and likewiſe *antimonial medicines*, ſuch as *tartar emetic* and *James's powder*, may be very advantageouſly preſcribed in ſmall doſes as alteratives. *Oily* and *mucilaginous* medecines are given, along with nitre, the diuretic ſalt, and the ſaline mixture. *Acids*, both *vegetable* and *mineral*, are cooling and uſeful, but particularly the firſt. *Bliſters* and *Iſſues* have often been found productive of good effects in theſe caſes. When the cough is troubleſome in the night, and prevents the patient from reſting, a gentle *opiate* is very ſerviceable; and if there be any feveriſhneſs, a ſmall doſe of *tartar emetic* or *James's powder* may be added to it, which will determine to the ſurface, and tend to remove any conſtriction of the cutaneous veſſels. Other antiſpaſmodics, after the removal of plethora, may be preſcribed, and if the cough be violent and of the convulſive kind, the *Flowers* of *Zinc* have been found very ſerviceable*.



* Vide Dr. Percival's Obſervations, p. 223.

4. Another caſe to be conſidered is, when the convulſive Aſthma is *complicated* with the *humoral*, and when, the convulſive being removed, the humoral ſtill continues. I have obſerved, that this is a common occurrence, and gives a moſt diſtreſſing diſeaſe, diſtinguiſhed by ſudden difficulties of breathing, ſupervening on continual ſtuffing of the breaſt, and expectoration of thick phlegm. In the interval of the convulſive Aſthma, when the humoral remains, a gentle vomit is proper, with a view to cleanſe the ſtomach and to promote expectoration. *Ipecacuan* and *tartar emetic* anſwer this purpoſe. The uſe of expectorants and demulcents is recommended, as *ſquills*, *garlic*, *gum ammoniac*, *volatile alkali*, *balſam of Peru*, and *oily mucilaginous medicines*. The firſt are ſtimulating, and therefore ſerviceable in caſes of tough viſcid phlegm. The laſt are not heating, and are beneficial when there is a thin acrid defluxion on the lungs, and a complication of any inflammatory affection of thoſe parts. *Bliſters* and *iſſues* are often very ſerviceable in the humoral Aſthma. When the cough is teaſing in the night, and diſturbs the patient's reſt, a doſe of *tinctura thebaica*, *paregoric elixir*, or *pure opium*, is indicated, provided the patient be not too weak, nor the air-

air-veſſels too much loaded with phlegm, ſo as to render the operation of thoſe remedies hazardous. Other *antiſpaſmodics* may be employed, as *camphor*, *aſafœtida*, *caſtor*, *&c.* eſpecially when nervous and hyſterical ſymptoms are complicated with the humoral Aſthma, in which caſe oils and mucilages often ferment, turn rancid or ſour, and diſorder the ſtomach. The *Flowers* of *Zinc* likewiſe, I have frequently given with ſucceſs, as a more powerful antiſpaſmodic, in the intervals of the convulſive Aſthma, when, after the fit, a violent cough and ſtuffing in the breaſt has continued to haraſs the patient. The occaſional employment of the *warmer laxatives* is very neceſſary, in groſs phlegmatic habits and in obſtinate coſtiveneſs.

Some phyſicians, in this caſe, recommend, in the ſtrongeſt terms, the *removal* into a *warm climate*, as highly uſeful and neceſſary, eſpecially when the humoral Aſthma precedes the convulſive, and the latter ſeems to be a conſequence only of the former. One may often form a good judgment concerning this matter, by attending to the effects of warm and temperate weather on the patient's conſtitution. If he is much better in ſummer than he

is in winter, it is very probable that a *change of climate* may prove *highly beneficial* to him. But in the pure convulſive Aſthma, we have already had occaſion to obſerve, that very hot weather is pernicious.

5. But if, in the intervals of the aſthmatic fits, the patient enjoy a *good ſtate* of health, if his conſtitution be neither full and corpulent, nor relaxed and irritable, and there be no remaining ſymptoms of the humoral Aſthma, the free uſe of medicines is by no means to be adviſed. It will not, however, be improper, in this caſe, to attend to the ſtate of the body, and to obviate coſtiveneſs, when preſent, by a gentle *laxative*; or if the ſtomach be affected with flatulency, or any other ſlight ſymptom of indigeſtion, to preſcribe a ſtrengthening medicine, ſuch as a light preparation of *ſteel*, *bark*, or *bitters*, made cordial with the *aromatic tincture*, along with regular living, cool pure air, moderate exerciſe, and the cold bath.

CASES

# CASES

AND

# OBSERVATIONS.

Τῦ δὲ φθινοπώρυ, καὶ τῶν θερινῶν τὰ πολλὰ, καὶ πυρετοὶ τεταρταῖοι, καὶ πλάνητες, καὶ στωλῆνες, καὶ ὕδρωπες, καὶ φθίσιες, καὶ σραγγυρίαι, καὶ λειεντερίαι, καὶ δυσεντερίαι, καὶ ἰσχιάδες, καὶ κυνάγχαι, καὶ ἄσθμαλα, καὶ εἰλεοὶ, καὶ ἐπιληψίαι, καὶ τὰ μανικὰ, καὶ τὰ μελαγχολικά.

HIPPOCRAT.

*Longum iter per precepta; breve et efficax per exempla.*

SENECA.

# CASES

AND

# OBSERVATIONS.

THE following CASES of the Aſthma, which are here preſented to the public, have been collected together with great care and attention, and will, I doubt not, be found a true and faithful repreſentation of nature.

I have not contented myſelf with giving thoſe caſes only, which were eaſily and quickly cured, but I have carefully collected many, in which the relapſes were frequent and violent, the prognoſtic long doubtful, and the cure tedious and difficult.

In

In ſome of the following caſes, the Aſthma is not the principal diſeaſe, but complicated with another, far more dangerous. If any one ſhould object to ſuch a caſe, as not being proper to be admitted here, it is anſwered, That the intention of the following caſes is to give a tolerably compleat account of the Aſthma, not only in its more pure ſtate, but in that in which it is highly complicated with the moſt dangerous, and ſometimes fatal, diſeaſes.

Several caſes of infants likewiſe have a place in this collection, which may, perhaps, be objected to by ſome; but, in my opinion, without any juſt foundation, as their lungs are very irritable, and they are certainly liable to this diſeaſe, to a moſt alarming and dangerous height. Some, not accuſtomed to the diſeaſes of children, may very eaſily miſtake the Aſthma for another complaint, as infants are unable to expreſs their ſufferings, and parents often at a loſs to give an exact account of them. In our inquiries into the ſymptoms of the Aſthma in a child, we ſhould aſk concerning the frequency and violence of the cough, and deſire to know whether it be preceded or attended with a wheezing and laborious reſpiration, which comes on ſuddenly by fits. We ſhould obſerve whether

whether any phlegm be raiſed into the throat by means of the cough, for that will ſhew the lungs to be affected. We may inquire if the child be able to ſwallow well when the fit is off, which, anſwered in the affirmative, will prove that the primary complaint is not an inflammation in the throat. It will likewiſe be proper to examine into the ſtate of the abdomen, to know whether it be ſoft and natural, or full and inflated with wind, or obſtructed with any hard tumors, impeding reſpiration.

Such were the caſes of the Aſthma, which I had to treat, and ſuch, under the bleſſing of providence, I have often been able to cure. The *Flowers* of *Zinc*, I muſt honeſtly confeſs, have aſſiſted me in my greateſt difficulties; and as this is a remedy in common uſe among phyſicians for other convulſive complaints, and one which may be given with the moſt perfect ſafety, I have had frequent recourſe to it, and (I may truly add) with ſucceſs. At the ſame time, I would recommend it to practitioners to examine carefully the preparation of the *Flowers* of *Zinc* which they employ, leſt the calcination of them ſhould be imperfect, and the medicine conſequently leſs active and leſs efficacious. Some perhaps may

be ready to object to this remedy, that it does not ſucceed in the diſeaſe for which it was firſt introduced into practice, that is, the Epilepſy or Falling Sickneſs. To this we may anſwer, That no other remedy, hitherto known, has ſucceeded in curing, with the leaſt degree of certainty, that moſt dreadful malady. This objection, therefore, if it be allowed to have any weight, is equally ſtrong to prove that the bark, opium, veneſection, &c. are remedies of no value.

But I ſhould much rather wiſh the reader to judge for himſelf from the real effects of the remedy, than from any thing I can ſay in its favor. I ſhall only beg leave to call his attention to one or two particulars. Firſt, The doſe, in which I give the *Flowers* of *Zinc*, is much greater than has commonly been employed. Two or three grains, though as much as ſome very delicate ſtomachs can bear, yet is far too ſmall a doſe in general to have any good effect in the caſes of adults. Secondly, I was never called at the firſt attack of an Aſthma to any patient, where the *Flowers* of *Zinc*, which have a tonic as well as antiſpaſmodic power, were neceſſary. Indeed moſt of the patients, whoſe caſes were treated with that remedy, had labored under

under their diſorders for ſome time before I ſaw them, and many indeed for a very long time.

But though the *Flowers* of *Zinc*, *Vinegar* of *Squills*, or any other remedy, is particularly ſpecified under a general head, the reader is not to expect in all caſes that it is employed alone. The aſſiſtance of other remedies is often abſolutely neceſſary. For example; if *Zinc*, *Camphor*, *Aſafetida*, or the *Peruvian Bark* were employed, a *laxative*, *blood-letting*, or an *opiate*, or even *all three*, may be ſo ſtrongly indicated, as to render the practice very imperfect and unſucceſsful without them. Too great ſimplicity in the practice of phyſic is certainly an error, as well as too great a variety of medicines given at one and the ſame time. The practice which I have adopted through the whole of theſe caſes, was not directed by a partiality to any one particular remedy, but was ſuch as appeared to me the moſt likely to cure my patient in the ſafeſt and ſpeedieſt manner.

The OBSERVATIONS follow the caſe; and if the Aſthma be complicated with any other diſeaſe, I am obliged to ſay ſomething on that diſeaſe with which it is complicated. This leads to a

variety of remarks on different diſeaſes, as well as on the Aſthma, which remarks, it is hoped, the reader will not conſider as digreſſions, when he reflects that they are not made on the Aſthma alone, but on the Caſe in its complicated ſtate. Theſe caſes, therefore, will ſhew the diſorder as it occurs in real practice, and not as the imagination may paint it. I have only one requeſt to make to the young reader, and that is, not to run haſtily over the difficult and complicated caſes; but, after having read the obſervations, to re-examine each caſe, and to reflect awhile upon it, otherwiſe he will not reap any laſting advantage, ſo as to convert the knowledge of it to his own uſe, whenever he may meet with a ſimilar caſe in practice.

The *order*, in which the following caſes are placed, is not that in which they were firſt taken, but that which I hope will prove the moſt eaſy and agreeable to the reader. Many of the obſervations upon the caſes likewiſe were written, when the caſes ſtood in their firſt order, namely, that in which they were firſt taken. For this reaſon, ſome of the obſervations, that were made early, will occur later than they were intended. But I flatter myſelf the reader will find no inconvenience from this

this alteration of place; and if there were any, the advantages gained will more than compenſate for it. Had the caſes ſtood in the order of time, as I firſt had them under my care, ſome of the moſt tedious, difficult, and complex, would have occurred at the beginning, which would have been particularly unpleaſant to young ſtudents, and to ſuch as have not given minute attention to this diſeaſe, and therefore are not perfectly acquainted with the great variety of its appearances, under different complications with other complaints.

Many of theſe caſes were taken at the York County Hoſpital, with a view only to do juſtice to the patients, that, through hurry of buſineſs, I might not overlook or neglect any thing of conſequence in the cure. My Diſpenſary likewiſe, (at which the poor attend) as well as private Practice, have furniſhed me with ſome. But the whole contained in this publication are only a few examples, ſelected out of a great number of others.

The Zinc caſes ſtand firſt in order, and are divided into two parts; and the reſt of the caſes which follow, and were treated by a variety of different remedies, are divided into three

three parts *, and under each of them the principal remedies employed are enumerated, which will in ſome degree ſhew the reader what he is to expect, and likewiſe aſſiſt the memory in referring to particular caſes. Beſides, as the diſeaſes, which are treated by the ſame remedy, are placed one after another, the remarks made on the firſt will apply, in a great meaſure, to thoſe which follow, and ſo prevent repetitions.

With regard to the *regimen* made uſe of in theſe caſes, it is according to the directions already delivered in the preceding part of this treatiſe. To patients in general, when they attend upon me, they are cautioned to eat nothing but very light food, and ſuch as they find by experience to be eaſy of digeſtion; and of that even to take only a little at a time, leſt their ſtomachs ſhould be diſtended, and the difficulty of breathing increaſed. The drink, which is recommended, is toaſt and water, milk and water, whey, lemonade, &c. which ever agrees beſt, and occaſionally a little good wine or ſpirits are added, whenever the ſymptoms of the diſeaſe require them. The patient is deſired to avoid exceſs of heat from large fires, ſmall hot rooms, cloſe curtains, too many bed-clothes,

* Vide table of contents.

clothes, &c. all which are particularly hurtful and diſtreſſing to Aſthmatics. If a patient live in a very ſmall low damp room, the abſolute neceſſity is pointed out to him of changing his habitation for one more dry and airy. Or if he be engaged in an unwholeſome employment, he is made ſenſible of the danger of continuing it, and adviſed, if poſſible, to follow another. A little gentle exerciſe in the open air, either by walking or riding, according to the patient's habits and inclination, is generally approved of in the abſence of the fits, with a caution to him at the ſame time to be very much upon his guard againſt catching cold, from any imprudent expoſure to it, particularly when heated. This hint is of great conſequence towards preventing relapſes, and ſhould be the moſt attended to by the patient at thoſe ſeaſons of the year, be they hot or cold, when relapſes are the moſt apt to come on. After theſe general remarks, it will be needleſs to repeat directions concerning regimen in the caſe of every patient; but when regimen is not mentioned, the reader muſt not ſuppoſe it is neglected; for I have great confidence in a good regimen, and in the avoiding of the occaſional cauſes of diſeaſes. If any thing occur in a caſe, which requires a particular regimen, then proper notice will be taken of it.

With

With regard to ſeveral of the common *forms* of preſcriptions employed at the York County Hoſpital, it will be needleſs to trouble the reader with inſerting them at large among the caſes, as they differ very little from thoſe which are in uſe at other Hoſpitals, and which are publiſhed every day for the benefit of ſtudents. But leſt any one, if thoſe preſcriptions are not ſpecified at all, ſhould think me guilty of an omiſſion, the different *formulæ* employed are thrown together at the end of the book, which method ſeems preferable to the inſertion of them ſingly among the notes, as the reader can in other caſes turn to them more readily without any further reference. It muſt at the ſame time be obſerved, that any other preſcriptions of importance will be given at large in their proper places, and the doſes of active medicines exactly aſcertained.—With reſpect to a Patient's continuing the uſe of any remedy preſcribed, it ſeems unneceſſary to ſubjoin the repetition of that remedy at the end of every report in a caſe; but we would wiſh the reader to underſtand, that every remedy is ſuppoſed to be continued, till the intermiſſion of it is particularly mentioned.

CASES

# PART I.

## CASES of ASTHMA,

Treated *ſucceſsfully* with the

## FLOWERS of ZINC,

After *ſeveral other remedies* had failed.

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### CASE I.

*The Convulſive Aſthma, complicated with a Senile Catarrh, of ſeveral years ſtanding, cured by the uſe of the* Flowers *of* Zinc.

ROBERT SMITH, aged 51, admitted a patient at the York County-Hoſpital, February 3, 1777, has been ſubject, for many years paſt, to an Aſthma, particularly in the winter ſeaſon, which has greatly weakened and

impaired his conſtitution. Along with a cough, he is attacked in the night with a difficulty of breathing, which comes on ſuddenly, and continues with great violence for ſeveral hours. He complains too of want of ſleep, conſtant thirſt, head-ach, and ſoreneſs in his breaſt. His body is regular, pulſe low, tongue clean, appetite bad, expectoration difficult.

*Miſtura mucilaginoſa* *. *Doſis unciæ duæ ter die.*

*Hauſtus Anodynus cum Tincturæ Thebaicæ guttis quindecim, hora ſomni.* †

*Pilularum Rufi duæ vel tres pro re nata, quando alvus aſtricta ſit.*

The 6th. The ſymptoms are nearly the ſame as before. His body is open with the pills; but he ſtill continues to have very reſtleſs nights, in conſequence of his cough and difficulty of breathing.

The

* This, and other common forms of preſcriptions, ſuch as the Miſtura ad Aſthmaticos, Julepum Commune, &c. will, for the reaſon before-mentioned, be found each under its proper title at the end of the caſes.

† The common form of the Anodyne Draught is made up with twenty drops of Tinctura Thebaica; but when a ſmaller or a larger doſe is given, it will always be taken notice of as above.

The 13th. The ſymptoms continue. Head-ach troubleſome.

*Repetatur Hauſtus Anodynus, addendo Tincturæ Thebaicæ guttas quinque.*

The 17th. He thinks himſelf a little better to-day, but complains more of ſoreneſs and uneaſineſs in his breaſt.

*Applicetur Emplaſtrum Veſicatorium inter ſcapulas.*

The 20th. The bliſter anſwered well, and he is ſomewhat better.

The 23d. His cough, ſtuffing and ſoreneſs in his breaſt, are rather worſe, attended with a very ſcanty expectoration. He finds a little relief from the opening pills and the anodyne draught, but complains to-day of great languor and weakneſs. *Omittatur Miſtura Mucilaginoſa.*

*Sumat Miſturæ ad Aſthmaticos unciam unam ter die.*

*Repetatur Hauſtus Anodynus & Pilulæ Laxantes.*

The 27th. Early this morning he was ſeized on a ſudden with greater difficulty of breathing, and more violent ſtricture over his breaſt than

uſual, ſo that he was ſcarce able to ſpeak. He wheezes and coughs much at times, but gets up little or no phlegm. His weakneſs and langour are increaſed, and he has a pain in his head. *Omittatur Miſtura ad Aſthmaticos.*

*Sumat Florum vel Calcis Zinci grana duodecim bis die in Julepi communis unciis duabus.*

*Repetantur Hauſtus Anodynus & Pilulæ Laxantes.*

March 3d. He was not ſick with the powder. His breathing is more free, his cough is eaſier, expectoration more copious, and he finds himſelf ſtronger.

The 8th. He continues much better in his cough and difficulty of breathing, and feels no ſtricture or ſoreneſs acroſs his breaſt, but complains of head-ach and ſickneſs at times, and ſays that he has been accuſtomed to be bled every ſpring for ſeveral years paſt.

*Fiat Venæſectio ad uncias quatuor.*

The 13th. He ſtill breathes better, coughs but little, reſts well, and is ſtronger. Pulſe regular and not quick. The bleeding relieved his head-ach and ſickneſs.

*Sumat Florum Zinci grana viginti omni doſi.*

The

The 17th. He is not ſick with the increaſed doſe of his powder. He has had no return of his difficulty of breathing, and his cough has almoſt left him, although the weather is very unſettled, ſometimes ſoft and wet, and ſometimes froſty, along with high winds.

The 20th, He is free from complaint. Let him be diſmiſſed.

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In this caſe, which is a complication of the Senile Catarrh and the Convulſive Aſthma, ſeveral powerful remedies, whoſe virtues are well known, were tried before we made uſe of the *Flowers* of *Zinc*. The ſucceſs of this laſt remedy was very evident and ſtriking. Its operation was that of removing the ſpaſm of the lungs, obviating the difficulty of breathing, promoting expectoration, and ſtrengthening the conſtitution.

This man was of a weak habit of body, and had been ſubject to his diſorder for many years; on which account it was proper to avoid copious bleeding, purging, and other ſtrong evacuations. Profuſe ſweating (altho' it ſometimes afford a temporary relief) is a practice which I never recommend in the Aſthma, as it weakens

weakens and relaxes the conſtitution, renders the patient very ſuſceptible of cold, and conſequently more ſubject to relapſes. For the ſame reaſon, too much external warmth and confinement, at the commencement of this diſorder, has ſometimes a very unhappy effect. The Patient's body was kept gently open with the *Pilulæ Ruſi*, and his nights were rendered eaſier with the *Tinctura Thebaica*.

As I had frequently given the *Flowers* of *Zinc* in other aſthmatical caſes before this, and was tolerably well acquainted with their operation and medical virtues, I began here with a doſe of twelve grains, and afterwards increaſed it to twenty, which laſt (if the medicine be in good condition) few ſtomachs can bear without ſickneſs or vomiting. The *Flowers* of *Zinc* having ſucceeded in ſeveral caſes ſimilar to this, in which other medicines had failed, I was gradually led to form a good opinion of their efficacy, and further experience has ſtill confirmed me more ſtrongly in their favour.

CASE

## CASE II.

*The Convulſive Aſthma, complicated with the Humoral, of many years ſtanding, in which the* Flowers *of* Zinc *were given with Succeſs.*

ELIZABETH WHITELEY, aged 30, admitted at the York County Hoſpital, February 3, 1777, is ſubject to a cough and difficulty of Breathing, with ſoreneſs and ſtuffing in her breaſt. She has had an Aſthma for ſeveral years, which at preſent is very ſevere. She complains of head-ach, thirſt, loſs of appetite, and difficult expectoration. Her ſleep is very much diſturbed in conſequence of her aſthmatical complaint, which is often ſo great in the night, that ſhe is unable to lie down. Her body is regular. She had a child ſix months ago, to which ſhe now gives ſuck, and ſhe has had no return of her menſes ſince her delivery. Her pulſe is ſmall, weak, and quick, and her general habit of body much reduced. She attributes her complaint to frequent and ſudden expoſures to heat and cold.

*Sumat*

*Sumat Miſturæ Mucilaginoſæ uncias duas ter die; & Hauſtum Anodynum cum Tincturæ Thebaicæ guttis duodecim omni nocte hora ſomni.*

The 6th. The ſymptoms continue. She ſtill expectorates with difficulty, is feveriſh, and complains of head-ach.

*Hauſtus Emeticus veſpere ſumendus.*

The 13th. Her Aſthma continues as before, but ſhe finds herſelf ſomewhat leſs feveriſh. The Emetic operated well, and her expectoration is a little freer. *Omittatur Miſtura Mucilaginoſa.*

*Capiat Miſturæ ad Aſthmaticos unciam unam bis die.—Repetatur Hauſtus Anodynus.*

The 17th. The ſymptoms are nearly the ſame. She was not ſick with her Mixture.

The 20th. Her cough is increaſed, and ſhe is more ſtuffed in her breaſt. Her aſthmatic mixture diſagrees with her. *Omittatur Miſtura ad Aſthmaticos.*

*Sumat Miſturæ Salinæ uncias duas bis die.*

*Repetatur Hauſtus Anodynus, addendo Tincturæ Thebaicæ guttas octo.*

The

The 23d. She complains much at preſent of her cough and ſhortneſs of breath, with ſtraitneſs and ſoreneſs at the pit of her ſtomach. Her body is regular, appetite bad, head-ach ſevere, ſtomach foul, and ſhe ſleeps very ill at nights.

*Hauſtus Emeticus veſpere ſumatur.*

The 27th. She vomited freely with the emetic on the 23d, and threw up a conſiderable quantity of viſcid phlegm. On the 25th and 26th ſhe had a very ſevere return of her Aſthma, which, as uſual, came ſuddenly upon her, and was attended with wheezing, anxiety, and great difficulty of breathing. Her reſpiration is ſtill laborious. When ſhe moves ſuddenly, ſhe finds the anxiety and oppreſſion at her breaſt much increaſed; but when the fit is off, and ſhe is at reſt, her breathing is tolerably free and natural. *Omittatur Miſtura Salina.*

*Capiat Florum Zinci grana duodecim ex Julepi Cardiaci unciis duis bis die.——Repetatur Hauſtus Anodynus ad cubitum eundum.*

March 3d. She is ſick at times with the powder. She ſays that ſhe has got a little freſh

cold, which has increaſed her aſthmatical complaint.

*Continuentur remedia.*

The 6th. She finds her cough and difficulty of breathing much diminiſhed. She is ſtill ſick at times with the powder, but her expectoration is more free and eaſy. She has no thirſt, head-ach, or any other feveriſh ſymptom, and her appetite begins to return.

The 13th and 17th. She continues to recover.

The 20th. The air is damp, the weather rainy and changeable. She has got a little cold which has increaſed her cough; but ſhe has had no return of her Aſthma.

The 24th and 31ſt. Her cough is much better, her countenance clearer, appetite improved, pulſe fuller, and ſhe gains ſtrength every day.

April 7th. She is free from complaint. Let her be diſmiſſed.

In

In this caſe the Flowers of Zinc ſometimes created a ſlight degree of ſickneſs, which is a common effect of them when given in a full doſe. I did not, however, change the mode of exhibition on that account, as few things promote expectoration better than nauſeating doſes of emetics, and as I had ſometimes found the Flowers of Zinc to operate in that way very powerfully. But if that medicine had often occaſioned ſickneſs, then it would have been neceſſary to have diminiſhed the doſe of it, till the ſtomach could have borne it with eaſe.

## CASE III.

*The Convulſive Aſthma complicated with the Humoral Aſthma, Rheumatiſm, Chronic Weakneſs, and Obſtruction of the Menſes, in which the* Flowers *of* Zinc *were very ſucceſsfully employed.*

*ELIZABETH PARKER*, aged 18, admitted into the York County Hoſpital, June 12, 1777, complains of a cough, ſpitting, and difficulty of breathing, which laſt ſymptom frequently comes on in a very ſudden manner, particularly when ſhe firſt wakes in the night,

and continues very ſevere for ſome hours. She has had a pain in her breaſt for three weeks paſt, which is increaſed by motion and coughing. Her countenance is pale, pulſe weak and quick, body regular, appetite bad, ſleep much diſturbed. She had her menſes a fortnight ago, but they are not regular; for ſometimes they do not appear in leſs than ſix or ſeven weeks; and ſometimes they return in two or three weeks. She aſſigns no cauſe for her complaint.

*Sumat Julepi ex Spiritu Nitri dulci uncias duas ſexta quaque hora;*

*Balſami Glycyrrhizæ ſeſquidrachmam bis die ex quovis vehiculo; et*

*Hauſtum Anodynum cum Tincturæ Thebaicæ guttis quindecim omni nocte hora decubitus.*

*Applicetur Emplaſtrum Veſicatorium inter ſcapulas.*

The 16th. The bliſter anſwered well; her nights are rather eaſier with the draught at bedtime; the julep and balſam of liquorice agree with her ſtomach. The pain in her breaſt is much abated, and ſhe breathes a little better. Her body is bound, pulſe ſlower.

*Continuentur remedia & injiciatur Enema commune pro re nata.*

The

The 19th and 26th. She continues to recover. Her fits of difficult breathing ſtill recur at times, but are leſs violent. She has an eaſy ſtool every day with the gliſter.

July 3d and 7th. The pain in her breaſt is entirely removed, and the other ſymptoms are eaſier; but ſhe has no expectoration. She has many bliſters of conſiderable ſize on her lower extremities, which firſt began to appear a day or two ago, and are now very ſore and painful. They were preceded with a ſlight degree of low fever, which ſtill continues.

*Repetantur remedia.*

The 10th. The bliſters on her legs and thighs are dying away. Her cough is better; but ſhe is much diſturbed in her breathing. Let her be made an Out-patient at her own deſire.

The 15th. She has ſome return of pain in her right ſide, and is much ſtuffed in her breaſt.

*Linimento Volatili pars dolens inungatur.*

The 21ſt. The pain in her ſide is relieved by the liniment, but ſhe has an increaſe of her cough,

cough, ſtuffing, and ſhortneſs of breath, with a very ſcanty expectoration.

*Capiat veſpere Hauſtum Emeticum.*

The 24th. The emetic operated well. She complains ſtill of ſtuffing in her breaſt, and is much troubled with ſhortneſs of breath, wind, and fulneſs at her ſtomach. The air is damp and the weather rainy. Let her be again made an In-patient.

*Repetantur remedia.*

The 28th. The pain in her right ſide is very ſevere. Her other complaints are the ſame.

*Applicetur Emplaſtrum Veſicatorium lateri dolenti.*

*Sumat Miſturæ Pectoralis uncias duas ter die, et omittantur alia remedia.*

The 31ſt. The pain in her ſide is relieved by the bliſter. Other complaints the ſame.

Auguſt 4th. She was attacked ſuddenly laſt night with a violent difficulty of breathing and ſenſe of ſtraitneſs acroſs her ſtomach, which ſtill continues, altho' at preſent with leſs ſeverity. Her legs ſwell towards evening.

*Sumat bolum bis die ex Florum Zinci granis quinque, & conſervæ cynoſbati ſcrupulis duobus.*

The

The 7th. Her difficulty of breathing was conſiderably diminiſhed with the ſecond doſe of the Flowers of Zinc, and has continued better ever ſince. She has a ſmall tumor on her neck, which gives her pain. Let Mr. Favell be deſired to ſee it.

The 11th. Mr. Favell has ordered the application of the Emplaſtrum Mercuriale to the tumor on her neck, which has relieved her. She has had no return of her aſthmatical complaint, and the ſwelling of her legs is better.

The 14th, 18th, and 30th. No cough, ſtuffing, or difficulty of breathing.

September 4th. No complaint. Let her be diſmiſſed.

---

Here the humoral and convulſive Aſthma, rheumatiſm, chronic weakneſs, and irregularity in the menſtrual diſcharge, all occurred in one and the ſame patient. I tried firſt to remove her Aſthma by the common methods of practice. She had the tinctura thebaica, balſam of liquorice, dulcified ſpirit of nitre, and a bliſter on her back. As ſhe was of a weak and delicate

delicate conſtitution, her body was kept regular by the uſe of gliſters. The volatile liniment and a gentle emetic was likewiſe tried, but without any laſting good effect. Afterwards another bliſter was put on; and ſhe took the pectoral mixture, but ſtill her Aſthma grew worſe, notwithſtanding that the ſeaſon of the year might be thought favorable. On the 4th of Auguſt, after having tried thoſe remedies without ſucceſs for near two months, the Flowers of Zinc were preſcribed in a doſe of five grains, which was as much as her weak ſtomach could bear with eaſe, and the effect of it was ſuch as exceeded my expectation, for ſhe found immediate relief in the ſpaſms of her lungs, and all her other complaints were afterwards ſpeedily removed.

It appears to me, on a review of the caſes of Aſthma which have occurred to me in practice, that the volatile liniment, which was made uſe of in this caſe, (and which is daily recommended by Phyſicians in ſimilar ones) had a bad effect. It is true, indeed, that it removed the rheumatic pain in her ſide, for which it was preſcribed; but in the ſame report of the 21ſt of July, her cough, ſtuffing, and difficulty

difficulty of breathing were all increaſed. The application too of the laſt bliſter (for which likewiſe common practice may be pleaded) was attended with relief of the pain in her ſide; but in a few days after ſhe had a very ſevere attack of her Aſthma. *

The tumor on her neck, in all probability, had its ſeat in a lymphatic gland, and was a very unfavorable appearance, as it denoted ſtrongly that ſhe was afflicted with tubercles in the lungs; and indeed her age, general habit, and the obſtinacy of the ſymptoms concurred in proof of the ſame.



* Nothing is more common than for the rheumatiſm to leave the external parts, and to fall upon the internal, particularly the throat, lungs, ſtomach, or bowels. I know a Lady, in whom the rheumatiſm has very often changed places, paſſing from her ſide to her throat, from her throat to her eyes, and from her eyes to her lungs, where it was attended with cough, ſoreneſs in the breaſt, and ſome degree of ſhortneſs of breathing. But theſe pulmonary complaints diſappeared as ſoon as any inflammation returned into her eyes, or any external pain became fixt in a muſcular part. I have ſeen ſeveral other caſes of the ſame kind, both in men and women; from which it appears to me, that the practice (which is a very common one, and often ſucceſsful) of driving the rheumatiſm away from an external part by means of external applications, is ſometimes attended with bad conſequences, particularly in weak conſtitutions. Several ſtriking examples of a ſimilar nature will be found among the following caſes.

The veſicular eruption, the blebs or pemphigus (as Dr. Cullen terms it) which this patient had on her legs and thighs is a very uncommon diſeaſe. Dr. Cullen, notwithſtanding his very long and moſt extenſive practice, affirms that he never ſaw an inſtance of it *. He has, however, given an accurate definition of this complaint, collected with great judgment from thoſe authors who have ſeen it. *Typhus contagioſa. Primo, ſecundo, aut tertio morbi die, in variis partibus veſiculæ, avellanæ magnitudine, per plures dies manentes, tandem ichorem tenuem effundentes* †. In the caſe of Elizabeth Parker, the veſicular eruption, which was very ſore and painful, was preceded and accompanied with ſome feveriſh ſymptoms evidently of the low kind. It continued only for a few days, and then gradually went off. As it was ſo mild, it did not require any

* Vide Firſt Lines of the Practice of Phyſic, p. 116.

† The following are the definitions of the ſame diſeaſe, as given by (1.) Sauvage (2.) Linnæus, and (3.) Vogel.

1 Eruptio Phlyctænarum Avellanæ circiter magnitudine ſero dilute flavo turgidarum.

2. Phlyctænæ aliquot in abdomine ſive artubus, magnitudine avellanæ. Febris Diaria, maligniſſima, funeſtiſſima.

3. Maligna, (Bulloſa) veſiculæ ſero ſublimpido repletæ, magnitudine nucis avellanæ & majores, in variis corporis partibus, facie non excepta, citra cutis inflammationem erumpentes. *Vide Synop. Noſ. Method.*

any particular treatment; but had it been violent, and attended with a malignant nervous, or putrid fever, the bark, elixir of vitriol, red wine, and ſtimulants, would have been highly neceſſary. By that method of treatment, not entered upon too haſtily, nor delayed too long, I cured two patients a few years ago of the Pemphigus or veſicular diſorder, in which the fever was extremely putrid, and a great many gangrenous ſloughs, of a fœtid ſmell and moſt dreadful appearance, followed the eruption of the bliſters, attended with a low delirium for many nights, and the greateſt dejection of countenance and proſtration of ſtrength.

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## CASE IV.

*The Convulſive Aſthma complicated with an obſtinate cough of three years ſtanding, on which a recent catarrh ſupervened, cured by* Blood-letting, Flowers *of* Zinc, *&c.*

*ANN SHAW*, aged 50, admitted at the York County Hoſpital, December 5, 1782, complains of feveriſhneſs, pain in her ſtomach and left ſide, difficulty of breathing, and a violent cough of three years ſtanding, which

increaſes her pain, and leaves a ſoreneſs in her breaſt, but is attended at preſent with little or no expectoration. Her difficulty of breathing is very ſevere, and comes at times ſuddenly upon her, particularly when ſhe walks acroſs a room, or goes up ſtairs, ſo that ſhe is then almoſt afraid of ſuffocation. She has had no menſes for twelve months paſt, except three very ſlight appearances, which continued only for an hour or two. Her pulſe is moderate, and her conſtitution not weak. Her diſorder has been gradually growing worſe this laſt year; but the ſymptoms of it have greatly increaſed in violence for five weeks paſt. She was bled ten days ago, but without any ſenſible relief. Her body is bound. She has a great weakneſs in her knees and ancles, ſo that ſhe can ſcarce walk. Her belly is much ſwelled at times, but the ſwelling goes off in an hour or two. She has a very troubleſome itching and prickling all over her ſkin, both when in bed and up. Her conſtitution can neither bear much heat nor cold.

*Mittatur ſanguis ad uncias decem.*

*Capiat Miſturæ ex Spermate Ceti ſeſquiunciam ter die; & Pilularum Rufi duas veſpere & unam mane, pro re nata.*

The

The feveriſhneſs being abated, but the ſymptoms of the Aſthma continuing violent, I ordered her on the 9th to take *Florum Zinci grana ſex ter die ex thea Menthæ vulgaris*, and to make uſe of the opening pills occaſionally, three of which every other day anſwered very well. The ſpermaceti mixture made her ſick, and therefore was omitted.

On the 23d the pain in her ſtomach was almoſt gone; ſhe breathed with much more eaſe; her ſpitting was freer and leſs glutinous; her joints ſtronger, and ſhe was able to walk better. Her cough, however, continued troubleſome, attended with a pain in her ſide, and ſhe was ſometimes ſick with the powders.

On the 22d of January, by continuing the ſame remedies, ſhe was free from all her aſthmatical complaints, except her cough, which was ſtill ſevere at times, and brought on a pain in her breaſt. We afterwards gradually diminiſhed the doſe of the Zinc, as it excited ſickneſs, till ſhe took only three grains at a time; and on the 24th of February her cough and ſpitting were entirely removed, and ſhe had no complaint remaining.

In

In this caſe, the pain of her ſide and the violence of her cough required bleeding, and more eſpecially as her conſtitution was not weak, and the menſes were leaving her. The firſt bleeding gave no ſenſible relief, and the good effect of the ſecond was not immediately viſible, though I doubt not but they were both conducive to the cure. I have often obſerved in caſes where this remedy was evidently indicated, that a firſt bleeding has been of no apparent benefit, when a ſecond has proved very ſerviceable.

The violence of the cough increaſed the pain and ſoreneſs of her breaſt, which (one would think) ſhould naturally make her cautious, when coughing, not to exert herſelf too ſtrongly. I throw out this hint the more particularly, becauſe I ſee every day many Aſthmatics, who injure their lungs materially by exerting themſelves too violently when coughing, and who conſequently aſſiſt the diſeaſe in bringing on partial inflammations, effuſions, and obſtructions, ruptures of blood-veſſels, ſpittings of blood, &c.

This caſe affords a very remarkable inſtance of the good effects of the Flowers of Zinc, which (though

(though given but in a ſmall doſe) not only took off the ſpaſmodic affection of the lungs, but alſo removed an old obſtinate cough of three years ſtanding. Indeed, I was afraid, we ſhould not have ſucceeded ſo well in this laſt part of the cure; for ſometimes coughs are extremely inveterate and difficult to overcome, reſiſting every attempt which we can make, and that even in caſes where we hoped to have been able to have removed them without much difficulty.

The itching and prickling of her ſkin which ſhe complained of, ſeemed to ariſe from an acrimony or impurity of the blood, commonly called *ſcorbutic*, which probably had its origin from poor diet, bad health, and want of *exerciſe*, that great ſweetener of the blood and corrector of acrimony. A ſedentary life often produces foulneſs of the blood, itching of the ſkin, cutaneous eruptions, inflammation of the eye-lids, and other ſymptoms of the ſcurvy.

CASE

## CASE V.

*The Convulſive Aſthma, complicated with the Humoral, in a patient of ſixty years of age, who had labored under this diſorder from childhood, and was become violently affected with anaſarcous or dropſical ſwellings in the cellular membrane, particularly of the lower extremities, relieved by* Bliſters, Laxatives, Diuretics, *and the* Flowers *of* Zinc.

RACHEL ATKINSON, aged 60, admitted into the York County Hoſpital, May 25, 1780, of a thin emaciated habit, and always accuſtomed to an abſtemious manner of living, has been afflicted with an Aſthma from her childhood, which is at preſent ſo very ſevere, both with reſpect to the cough and difficulty of breathing, that ſhe is extremely weak and unable to lie down in bed. It generally attacks her about two or three o'clock in the morning, and laſts for eight, ten, or twelve hours. She has likewiſe dropſical ſwellings in both her legs and thighs, which are the worſt towards night, and pit much on preſſure. Theſe ſwellings came on laſt March, and have now diſtended

diſtended the ſkin ſo violently, as to produce univerſal redneſs and inflammation on the lower extremities. Her body is bound. She has had no return of the menſes for many years paſt. She ſays that her Aſthma is always the worſt in thick damp cloudy weather, in all ſudden changes of the air, in rain and thunder, and likewiſe in the ſeverity of the winter ſeaſon; and that ſhe is the beſt at all times of the year in mild clear ſettled weather. Her difficulty of breathing, after having continued a while, is followed by a violent cough, but ſhe expectorates little or nothing. Her appetite is bad, pulſe low, nights reſtleſs, urine high-colored and in ſmall quantity.

*Applicetur duo parva Emplaſtra Veſicatoria cruribus.*

*Sumat Oxymellis Scillitici drachmam unam ex Julepo Menthæ ter die—& Rhei Pulveris grana viginti mane vel veſpere, quando alvi conſtipatio adſit.*

The 30th. The bliſters (four inches long and three broad) which were put on the calves of her legs anſwered very well; her body is regular with the rhubarb; and ſhe makes water rather more plentifully, but the oxymel of ſquills does not ſit eaſy on her ſtomach.

*Continuentur remedia.*

Her aſthmatical complaint continues nearly as uſual; though, if any thing, it is rather better.

*Omittatur Oxymel Scilliticum & capiat Miſturæ Diureticæ cochlearia tres vel quatuor ter die.*

June 5th. Her legs and thighs are leſs ſwelled, and her aſthmatical complaint is a little eaſier; but the diſcharge from the bliſters is almoſt ſtopped.

The 8th. The ſwelling of her legs and thighs ſtill continues to diminiſh; her urine is rather paler and increaſed in quantity; and the ſymptoms of her Aſthma are leſs violent.

*Applicetur duo parva Emplaſtra Veſicatoria cruribus, & repetantur alia medicamenta.*

The 12th. Her bliſters anſwered, and diſcharged tolerably well. Her cough and aſthma are rather better.

The 15th. Her bliſters continue to diſcharge. Her Aſthma is leſs troubleſome in the night, ſo that ſhe ſleeps ſomewhat eaſier, though ſhe is ſtill unable to lie down in bed. Her weakneſs is very great, but her appetite begins to improve.

The

The 19th. The ſymptoms are nearly the ſame.

The 25th. She finds herſelf better in her dropſical ſwellings; but her difficulty of breathing, though upon the whole leſs violent, is yet very troubleſome at times, particularly in the night.

*Capiat Pilularum ex Floribus Zinci duas mane & veſpere* *. —*Continuentur Pulvis Rhei pro re nata, & Miſtura Diuretica ut antea.*

July 3d. The ſwellings of her legs and thighs are much better. Her Aſthma comes on every morning at four or five o'clock, and laſts about an hour, though ſometimes it is more ſevere and laſts for ſeveral hours. Her pills agree well with her ſtomach, and her body is regular with the rhubarb.

The 6th. Her Aſthma is better, but ſhe is ſtill much affected by all ſudden changes of weather.

*Sumat Pilulas Zinci tres bis die.*

The 13th. Her Aſthma ſtill continues eaſier, though ſometimes the fit will laſt for an hour



* See Preſcriptions at the end of the Caſes.

very ſevere, and end in a troubleſome cough, but which, however, is now followed by a more copious expectoration. Her appetite is better, pulſe more regular, the circulation freer, her ſleep leſs diſturbed, and the ſwelling and redneſs of the lower extremities almoſt entirely gone.

*Continuentur remedia.*

The 17th. Some nights ſhe is not at all troubled with her Aſthma, but had a ſeverer fit laſt night than ſhe has had for ſome time paſt.

The 20th. Her Aſthma, upon the whole, is much better. She has had two good nights, and finds herſelf conſiderably ſtronger. Her appetite continues to improve, and ſhe has little or no ſwelling of her legs and thighs.

The 28th. Her dropſical ſwellings are entirely removed. Her Aſthma continues much eaſier, and her breathing freer; ſhe looks better in the face, and has recovered her ſtrength very conſiderably. Let her be diſmiſſed at her own requeſt.

When

When we conſider the age of this patient, and the duration of the diſeaſe, together with the violence of the ſymptoms, it will appear obvious, at firſt ſight, that her caſe was truly deplorable. The violent dropſical ſwellings of her legs and thighs (which were very alarming at her time of life) were ſymptomatic, ariſing from the great obſtruction of her lungs, and the difficult circulation of the blood thro' the pulmonary veſſels, in conſequence of which the vena cava muſt neceſſarily be loaded with blood, and the general circulation dangerouſly interrupted. I ſhall be honeſt enough to confeſs that I hardly expected to relieve her; but as the ſeaſon of the year was favorable, I was reſolved to try the power of a few remedies, hoping, that, as ſhe had ſtood up againſt the repeated attacks of her preſent malady for near ſixty years, ſhe might even yet be able once more to ſtruggle thro' it. The ſtamina of her conſtitution had been originally good, otherwiſe ſhe would not, in all probability, have been at that time numbered among the living. This conſideration ought to make one cautious not to give up old people too haſtily; for, with a little well-timed aſſiſtance, they often recover beyond all expectation from very deſperate diſeaſes.

The

The indications of cure in this caſe were obvious. The application of bliſters to her legs was to make an outlet for the watery effuſions in the cellular membrane; and they had the deſired effect. Scarifications in the ancles, with a lancet, might have been ſtill more effectual as a drain, but the danger of a gangrene deterred me from that operation. As I found that bliſters were evidently of ſervice, I ordered a repetition of them when the firſt were dried up. Thoſe diſcharges relieved her conſtitution from one load which oppreſſed it, and gave the powers of nature a fairer opportunity of exerting themſelves for her relief; and accordingly we obſerved, that her Aſthma grew better as the ſwellings of her legs and thighs diminiſhed.

Her complaint was of a complicated nature; for the convulſive Aſthma was combined with the humoral, in which ſerous effuſions in the cellular membrane of the lungs evidently took place, and, along with the obſtructed circulation of the blood thro' the pulmonary veſſels, conſtituted ſome degree of the peripneumonia notha. It was this combination which rendered her diſorder ſo very alarming in its appearance, and cauſed ſuch a conſtant violent ſtuffing and laborious

laborious reſpiration, that ſhe was not able to lie down, but by means of a bed-chair ſat up for many nights together. In conſequence of the humoral Aſthma and great ſtuffing in her breaſt, opiates, notwithſtanding her reſtleſs nights, could not have been given with ſafety. A common full doſe of opium, in caſes like this, has been obſerved to prove fatal to weak old people. The oxymel of ſquills did not agree with her ſo well as the diuretic mixture. Rhubarb anſwered the purpoſe of keeping her body regular, and the Flowers of Zinc were uſeful in diminiſhing the ſpaſmodic affection of her lungs, and increaſing the tone of her ſtomach.

## CASE VI.

*In which the* Flowers *of* Zinc *were given with ſucceſs in the Convulſive Aſthma, following the removal of a complaint in the urinary paſſages, of three years ſtanding, which aroſe from the ſtone and gravel, and was attended with bloody urine.*

MARY BRAMLEY, aged 33, weak and low-ſpirited, was admitted a patient at the York County-Hoſpital, November 4, 1782, for

for a complaint in the urinary paſſages, in which there was a diſcharge of gravel, with great pain and frequency in making water. Her urine was often very bloody, and came from her when ſhe walked. She was ſubject to a pain in her back, with wind and fulneſs at her ſtomach, and ſevere colic pains in her bowels. She parted with ſeveral ſmall ſtones laſt week. She often had grumous coagulated blood in her urine. She found great uneaſineſs and difficulty in walking. Her nights were very reſtleſs and much diſturbed with her frequent inclination to make water. Her complaint was of three years ſtanding. She had had no return of the menſes ſince her laſt child, which was weaned the other day, being then one year old.

In a month's time, by the uſe of laxatives, tinctura thebaica, oily mucilaginous medicines, mild alkaline ſalts, &c. along with a low diet, thoſe complaints in the urinary paſſages were removed, her urine was of a natural color and came away eaſily, and ſhe made water about five or ſix times only in 24 hours. She grew ſtronger and could walk very well.

On the 19th of December, ſhe complained of a ſtuffing in her breaſt and a bad cough, which

which ſhe had had for five days. Her cough forced away her water, but ſhe had little or no expectoration.

*Hauſtus Anodynus horâ ſomni.*

*Pulveris Rhei, Magneſiæ Albæ, ſingulorum grana viginti pro re nata.*

*Miſturæ ad Aſthmaticos uncia una ter indies.*

On the 26th, notwithſtanding the uſe of thoſe remedies, her cough continued very bad, and along with it ſhe had a difficulty of breathing which came ſuddenly upon her, and laſted ſometimes for an hour and a half or two hours. She has had no return of her complaint in the urinary paſſages. The remedies were continued as above.

On the 2d of January, as thoſe ſymptoms were not abated, as her cough was very cloſe without any expectoration, and her difficulty of breathing ſo very ſevere in the evening, that ſhe was almoſt choaked for want of breath, and equally ſevere when ſhe firſt waked in the morning, followed by ſickneſs and vomiting, I ordered *Pulveris Florum Zinci grana ſeptem ex Julepi cardiaci ſeſquiuncia ter indies*, along with

the opening powder as before, and the anodyne draught with thirty drops of tinctura thebaica.

On the 6th ſhe obſerved that the above doſe of tinctura thebaica relieved the pain in her ſide, but did not procure her any more reſt at nights. She was ſick now and then with her medicines, but her cough and difficulty of breathing were much leſs violent.

On the 13th of February, by continuing regularly the uſe of the above remedies, her cough and other aſthmatical ſymptoms were entirely removed, and ſhe was diſmiſſed cured.

In the treatment of this caſe, bleeding was avoided on account of her weakneſs and lowneſs of ſpirits: and bliſtering would have been improper on account of the complaint which ſhe had had in the urinary paſſages; for the cantharides, taken up by abſorption, might have ſtimulated the neck of the bladder, and have induced inflammation.

CASE

## CASE VII.

*The Aſthma, complicated with general convulſions and ſpitting of blood, cured by the Flowers of Zinc.*

MRS. ——, aged 35, May 16, 1780, has a troubleſome cough, and is at times attacked with great ſhortneſs of breath, which comes on ſuddenly by fits and laſts for ſeveral hours, particularly on any motion, ſuch as getting into bed, going up ſtairs, or walking too quick. Her Aſthma does not come on every day, though its returns are frequent, eſpecially againſt any ſudden change of weather.

Beſides the above-mentioned complaint, ſhe is generally ſeized once or twice a day with ſtrong convulſions, which ſometimes attack her along with the Aſthma, and render her ſituation moſt deplorable. She then lies inſenſible; her cheſt ſeems quite bound down; the action of the muſcles of reſpiration is ſuſpended; her breathing is almoſt ſtopt; and blood and froth are diſcharged from her mouth.

She has had an Aſthma at times for ſeveral years paſt. The convulſion-fits have continued ſix weeks, but they are not equally frequent or violent every day. Sometimes ſhe will remain inſenſible for ſeveral hours after they have left her. She attributes the preſent increaſe of her complaint in great meaſure to uneaſineſs of mind.

M——, aged 35, May 16,

She had her menſes three weeks ago, but they are not regular, for ſometimes they return in a fortnight, and ſometimes in a month or ſix weeks. She is of middle ſize, pale and thin, pulſe moderate, ſpirits low and dejected, body bound, appetite bad. She had been bled twice, taken bark and laxatives, tinctura thebaica, caſtor, and other antiſpaſmodics with little effect. A bliſter likewiſe had given her no relief. For the above-mentioned complaints, ſhe had an iſſue ſet in her thigh, and the following remedies were preſcribed.

R. *Aquæ fontanæ uncias ſeptem,*
*Aq. cinn. ſpirit. unciam unam cum ſemiſſe,*
*Tincturæ aromaticæ ſemunciam,*
*Florum Zinci drachmam unam,*
*Confectionis cardiacæ drachmas duas,*
*Fiat miſtura, in hauſtus ſex dividenda, quorum capiat unum ter die.*

*Fiat*

*Sumat Infuſi Rhei cochlearia tres vel quatuor mane vel hora ſomni, quando alvus aſtricta ſit.* *

She continued the Zinc draughts with confectio cardiaca for a fortnight; and, during that time, her fits of the Aſthma and Convulſions gradually diminiſhed in frequency and violence, till they had entirely left her. The laxative ſometimes diſappointed her, and was therefore changed for a common gliſter, an ounce of caſtor oil, hauſtus ſenæ purgans †, pilulæ Rufi, &c. all of which occaſionally anſwered very well. She had afterwards two ounces of the following ſtrengthening mixture three times a day.

R. *Infuſi*

* R. Rhei ſemunciam,
Aquæ bullientis uncias octo,
Aquæ cinnamomi ſpirituoſæ unciam unam.
Macera rheum cum aqua bulliente in vaſe clauſo per noctem; deinde, addita aqua cinnamomi, cola. *Edinb. Pharm.*

This laxative, which is an excellent form of giving rhubarb, was ſometimes rather heavy on her ſtomach, and therefore was occaſionally made a little warmer, with the addition of a double quantity of the aqua cinnamomi ſpirituoſa, or of an ounce of the tinctura aromatica. It is well known, that rhubarb yields its virtues very perfectly to aqueous menſtrua.

† R. Infuſi ſenæ communis uncias tres,
Mannæ optimæ drachmas ſex,
Salis de Rochelle drachmas tres,
Tincturæ ſenæ ſemunciam. Miſce.

R. *Infuſi corticis Peruviani uncias ſex,* ‡
*Salis abſinthii drachmas duas,*
*Succi limonum q. ſ. ad plenam ſaturationem,*
*Aquæ cinnamomi ſpirituoſæ unciam unam,*
*Tincturæ corticis Peruviani drachmas ſex,*
*Syr. cort. aurant. drachmas ſex. Miſce.*

This medicine, along with country air, gentle riding exerciſe, and a mild nouriſhing diet, ſoon reſtored her to a good appetite and perfect health. The ſpitting of blood entirely diſappeared as ſoon as the convulſive and aſthmatic fits were removed.

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This caſe was a complication of convulſions and aſthma, which was very terrible in its appearance. When I firſt ſaw her, the ſymptoms ſeemed to have continued with ſuch unremitting violence for ſo many weeks, and her conſtitution was ſo much emaciated, that I deſpaired of her recovery, eſpecially when I conſidered

‡ R. Cort. Peruv. craſſe pulv. unc. unam cum ſemiſſe,
Corticis aurantiorum inciſi drachmas ſex,
Aquæ fontanæ libram unam,
Aquæ cinnamomi ſpirituoſæ uncias duas.
Miſce & infunde ſine calore per noctem, deinde filtra.—
*Vide Percival's Eſſays,* p. 74. where there is a very elegant and uſeful formula of a cold infuſion of the bark.

conſidered what uſeful remedies had been already employed in vain. I was determined, however, to try the Flowers of Zinc, as I had often found them efficacious in the Aſthma, and they had ſometimes removed even obſtinate diſeaſes of the epileptic * and convulſive kind †. Nothing but a powerful antiſpaſmodic could have taken off the complaint, and nothing could have anſwered better than the abovementioned remedy had done. In this caſe, not only the ſpaſmodic Aſthma, but the general convulſions were removed; and the ſpitting of blood, which was a conſequence only of the other complaints, diſappeared along with them, as ſoon as a free paſſage was reſtored to the circulation of the blood through the lungs. Gliſters and laxatives were abſolutely neceſſary to obviate coſtiveneſs, and, when one laxative diſagreed, another was ordered. The tonic as well as antiſpaſmodic effects of the Flowers of Zinc were very ſerviceable to this patient, in whom the tone of the ſyſtem was ſo greatly injured by the violence and duration of the convulſions and aſthmatic fits. The cordial draught was

* Vide Hume's Clinical Experiments, p. 219.

† I had lately two caſes of convulſions after delivery, both of which were cured by the Flowers of Zinc given in a doſe of ten grains three times a day.

was added to the Zinc, on account of her great lowneſs of ſpirits and general depreſſion of ſtrength. In this caſe the convulſions ſeemed to be a ſymptom of the hyſteria, and not to partake of the nature of epilepſy.

Some years ago I had another caſe of the ſame dreadful appearance in a young woman of twenty years of age, being a complication of the Aſthma and Hyſterical Convulſions, together with violent vomitings and cramps in the ſtomach, ſwellings and hardneſs of the abdomen, ſpitting and vomiting of blood. Her pulſe was ſmall and her conſtitution delicate. She had had no menſes for three months paſt. Her fits would ſometimes be followed with loſs of ſpeech and inſenſibility, which continued for ſeveral days and nights. Small bleedings, gliſters, laxatives, caſtor, tinctura thebaica, bliſters, and other antiſpaſmodics, along with gentle cordials, relieved her in time, and ſhe has ſince enjoyed a good ſtate of health. Thoſe obſtinate vomitings and ſpaſmodic pains in her ſtomach were very alarming and diſtreſſing ſymptoms, and greatly interrupted the medical treatment; nay, ſometimes obliged us to ſuſpend it altogether, as ſhe threw up every thing, even a mixture of barley water and

and gum Arabic. Her food too, though taken in very ſmall quantities, was often rejected by vomiting. At one time this caſe likewiſe appeared ſo obſtinate and deſperate, that I left my patient without any hopes of ſucceſs. Gentle laxatives, which kept her body in a regular ſtate, were highly beneficial in preventing the returns of thoſe violent vomitings and ſpaſmodic pains in her ſtomach and bowels.

## CASE VIII.

*The Convulſive Aſthma, complicated with the Humoral Aſthma and Exceſſive Corpulency, relieved by the* Flowers *of* Zinc.

MRS. ———, aged 49, April 1, 1776, is of low ſtature, but fat and corpulent, weighing fifteen ſtone. She is much troubled with flatulency and diſtention of her ſtomach. She has had no appearance of the menſes for three years paſt. Her knees and ancles are weak and painful, which makes her walk lame. Her head often aches and feels heavy and dizzy, and her nerves are in a very irritable relaxed ſtate. She is much ſtuffed in her breaſt, and has a bad cough. She is frequently attacked on a ſudden with a ſtoppage in her breaſt, attended with wheezing and great difficulty of breath-

ing, ſo that ſhe is afraid even of inſtant ſuffocation. This fit comes on at different times, both in the day and night, and laſts about an hour, or ſometimes longer. She is often feveriſh, and makes but little water. Her belly is ſwelled, pulſe low, ſtools coſtive, expectoration difficult, and her nights very uneaſy and diſturbed. She is at times likewiſe ſubject to what ſhe calls her nervous complaint, in which her head trembles, and her mouth is drawn to one ſide.

*Mittatur ſanguis ad uncias decem.*

*Applicetur emplaſtrum veſicatorium nuchæ.*

*Capiat pilularum Ruſi duas vel tres pro re natâ.*

R. *Aquæ fontanæ uncias quatuor cum ſemiſſe,*
*Confectionis cardiacæ drachmas duas,*
*Aquæ cinn. ſpirit. unciam unam cum ſemiſſe,*
*Spiritus corn. cerv. vel. gutt. quadraginta.*
*Fiat miſtura. Doſis cochlearia duo vel tres quinta quaque hora.*

The 5th. Her blood is not ſizy; her body is open with the pills; the bliſter diſcharged freely; her mixture agrees very well with her ſtomach*. The complaints in her head and ſtomach

* She is frequently troubled with a coldneſs of her ſtomach when ſhe takes any thing which is not of a warming nature; for which reaſon any cold medicine creates a load and uneaſineſs at the Præcordia.

mach continue. Her cough is bad, her Aſthma ſtill ſevere, and her nights reſtleſs and uneaſy.

The 12th. The ſwelling of her belly is leſs, but ſhe ſtill has the cough, ſtuffing, and difficulty of breathing as before. Her eyes are inflamed and painful. Her urine is high-colored and in ſmall quantity.

*Repetantur pilulæ Ruſi & miſtura cardiaca.*

R. *Aquæ Roſarum uncias octo,*
*Sacchari ſaturni ſcrupulum unum,*
*Tincturæ Thebaicæ drachmam unam,*
*Spiritus vinoſi tenuioris drachmam unam.*
*Subinde agitans, ſolve; deinde per chartam cola.*
*Fiat collyrium, ſæpe in diem utendum.*

R. *Spermatis ceti in pulverem triti,*
*Gummi Arab. pulv. ſingulorum drachmas tres,*
*Conſervæ roſarum rubrarum,*
*Conſervæ Cynoſbati, ſingulorum drachmas ſex,*
*Syrupi balſamici uncias tres cum ſemiſſe,*
*Elix. vitrioli acidi q. ſ. ad grat. aciditatem.*
*Miſce. Fiat Lohoch. Sumat cochlearium unum parvum ſepe in diem.*

The 19th. Her ſtools are regular, belly ſofter, other ſymptoms continue.

The 22d. She is leſs ſtuffed in her breaſt, and her pulſe is ſtronger, but ſhe is feveriſh every other day.

The 29th. She is ſomewhat better in the complaints of her head, ſtomach, and bowels, but the ſtuffing of her breaſt and difficulty of breathing continue. Her ſtools are eaſy, her eyes better, and her fever gone. Her legs ſwell towards evening, and ſhe makes but little water.

*Continuentur remedia, & repetatur miſtura ut antea, addendo*

*Aceti ſcillitici drachmas tres,*
*Spiritus nitri dulcis drachmam unam.*

May 3d. The ſwelling of her body is leſs, and ſhe continues better in all reſpects, except her cough and ſudden difficulties of reſpiration, which are as frequent and ſevere as uſual, but ſtill come on at no regular times.

*Continuentur Lohoch, Pilulæ Ruſi & Collyrium,*

R. *Florum Zinci grana decem,*
*Confectionis cardiacæ ſcrupulum unum,*
*Conſervæ roſarum rubrarum drachmam dimidiam,*

*Spermatis*

*Spermatis ceti grana ſeptem.*
*Syrupo corticum aurantiorum fiat bolus.*
*Sumat bis die & ſuperbibat cochlearia duo vel tres julepi menthæ.*

The 6th. Her cough and difficulty of breathing are ſenſibly better, and ſhe expectorates with more eaſe.

The 9th and 13th. She continues to recover, and has no ſwelling of her legs.

The 17th. She is materially relieved in her aſthmatical complaint, and finds herſelf well in all other reſpects.

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The Aſthma of Mrs. —— is one which affords a fair inſtance of ſucceſs from the Flowers of Zinc, when bleeding, bliſtering, laxatives, and the volatile cordial mixture had been tried without effect. It muſt at the ſame time be admitted, that the medicines, which were firſt ordered, relieved ſeveral diſtreſſing ſymptoms, eſpecially thoſe in her head and ſtomach, and that, without thoſe medicines, the Flowers of Zinc could not have been given with ſo much propriety and advantage.

What

What rendered her diſorder more particularly diſtreſſing, was her *exceſſive corpulency*, which is juſtly to be conſidered as a diſeaſe, and certainly a very bad one too, as well as the forerunner of many others. This caſe indeed affords a ſtriking example of the pernicious effects of corpulency in aſthmatical diſorders, and therefore well deſerves to be attentively conſidered.

Mrs. —— was 49 years of age, of low ſtature, and yet weighed fifteen ſtone, a load which reaſon forbid, and nature never intended her to carry. If ſhe had not been ſo very corpulent ſhe could not, from her ſize and make, have weighed more than ten ſtone; ſo that ſhe had an additional weight of about five ſtone, or ſeventy pound of ſolids and fluids, a weight which, if any thing but her own ſelf-indulgence in eating and drinking could have brought upon her, would have been inſupportable. By this exceſs of corpulency, ſhe has in a great meaſure deprived herſelf of the power of uſing wholeſome exerciſe in the open air, and has thus precluded herſelf from the enjoyment of that pleaſure and recreation, which neceſſarily reſult from the faculty of moving eaſily from place to place.

If

If we examine a little into the *effects* of corpulency on her conſtitution, we ſhall find them very pernicious and alarming.

The bones and joints of corpulent people remain nearly in the ſame ſtate, however prepoſterouſly the other parts may be increaſed in ſize. But if Providence made the bones and joints ſtrong enough to bear with eaſe the weight of ten ſtone, they are ſeldom ſufficient to bear well the addition of ſixty-three pound more, but ſooner or later they will ſink under their burden, and become weak and painful. This patient was very lame and weak in her ancles and knees. The time required to affect the joints is different in different people, according to the natural ſtrength and ſoundneſs of the bones; on which account ſome will be lame much earlier in life than others, though of the ſame degree of corpulency. This lameneſs and weakneſs in the joints renders all motion and exerciſe painful and troubleſome, and ſo contributes greatly to increaſe the evil.

But as the bones of adults can admit of little or no addition to their ſize, we muſt have recourſe to the other parts of the body to eſtimate the increaſe of weight in corpulency; and we find that

that the chief increaſe of weight is in the additional quantity of blood, and of oily matter or fat which is depoſited in the cellular membrane. The muſcular fibres, it is agreed among anatomiſts, have fixed limitations both in ſize and number. They may, perhaps, be better filled up with the ultimate particles of matter in a ſtate of corpulency than in a ſtate of leanneſs; but this will make very little increaſe of bulk. Whereas the great increaſe of blood and fat in corpulent people, is evident to the ſenſes. Morgagni mentions a caſe in which the fat on the muſcles of the belly was above ſix inches in thickneſs, and it was in a proportionate quantity in other parts of the body *. The increaſed quantity of blood too, in ſuch caſes, is likewiſe very manifeſt. But the conſequence of ſuch an increaſed quantity of fat and blood muſt be very terrible indeed to the animal frame †.

Now if we examine the ſymptoms which this patient complained of, we ſhall find that the cauſe

* Vide Morgagni de cauſ. & ſed. morb.

† "The greateſt healthy ſtandard the body is capable of, differs from the leaſt, as it more haſtens old age: Suppoſe one enjoys health at *two hundred*, equally with another of five pound more: The exceſs of the latter has been obſerved to haſten old age five times as faſt." *Quincy's Sanct. Aphor.*

cauſe or increaſe of them may evidently be attributed in great meaſure to her corpulent ſtate.

"Her head often akes, and feels heavy and dizzy." Theſe are very common effects of corpulency and fulneſs of blood; and whenever pain, heavineſs, and giddineſs of the head ariſe from that cauſe, they ought never to be neglected, but always conſidered in the moſt ſerious light by every one who wiſhes to enjoy health and life. From inattention to thoſe ſymptoms, many dangerous complaints occur, ſuch as palſy, apoplexy, epilepſy, inflammation of the brain, &c.

"Her nerves are in a very irritable and relaxed ſtate." Corpulency and great tenſion of the blood-veſſels generally increaſe irritability; and the want of bodily exerciſe along with confinement within doors, favors general relaxation. Hence the danger of the caſe is greater; for a ſuperabundant quantity of blood will certainly be more hurtful in an irritable and relaxed, than in a firm and vigorous ſtate of the veſſels.

"She is very much ſtuffed in her breaſt, and has a bad cough." How ſeldom do we ſee a

very corpulent perſon, who can breathe with eaſe and freedom? Shortneſs of breath and ſtuffing in the breaſt, greatly increaſed by motion, are almoſt conſtant attendants on exceſſive fatneſs. The veſſels of the lungs are greatly over-loaded with blood, and a more frequent reſpiration is neceſſary for the circulation of it. The heart, the midriff, mediaſtinum, and large veſſels are often loaded with an unnatural quantity of fat, which diminiſhes the capacity of the cheſt, conſidered with a view to the dilatation of the lungs and the admiſſion of air into the air-veſſels. Her cough too, which is a very troubleſome ſymptom of the Aſthma, is greatly increaſed by the ſame cauſe.

Hence, as the caſe proceeds, "She is often attacked ſuddenly with a ſtoppage in her breaſt, with wheezing and great difficulty of breathing, ſo that ſhe is afraid even of inſtant ſuffocation." This is a very dreadful ſymptom of the Aſthma, and one which is particularly frequent and fatal to corpulent people.

"Her body is much ſwelled with wind. Her nights are uneaſy and diſturbed." Corpulent people, from indulgence in eating or drinking, are very liable to be troubled with wind in the ſtomach

ſtomach and bowels. Their ſleep too is ſeldom natural and compoſed. Many very corpulent people, when aſleep, breathe with ſo much noiſe and difficulty, ſtart ſo violently, and have ſo many ſtoppages and interruptions of reſpiration, that one, not accuſtomed to ſee them in that ſtate, would ſuppoſe that they were not ſleeping, but threatened with immediate ſuffocation.

"She is at times ſubject to a nervous complaint, in which her head trembles and her mouth is drawn to one ſide." This is evidently a dangerous paralytic affection, ariſing in all probability from her corpulent ſtate and the fulneſs of the veſſels of the brain.

Thus we have, in a curſory manner, run through the melancholy catalogue of ſymptoms, which, along with too great corpulency, diſtreſſed this unhappy ſufferer. Her diet, by my directions, was regulated in ſuch manner, that it might not be reduced on a ſudden too low, nor yet continued by indulgence to an exceſs, which might increaſe her diſeaſe, and ſoon render it fatal. Very corpulent people, who have long been in the habits of gratifying their appetite, like nothing leſs than to be reſtrained in what they eat and drink. The idea,

however, of a natural, or, as it is called, a conſtitutional fatneſs, which (we are taught to believe) comes on and is continued through life, independent of the quantity of nutriment with which the body is daily ſupplied, is a chimera too ridiculous to be ſeriouſly refuted; and indeed no body was ever ſo abſurd as to ſuppoſe, that the ſame thing could take place in any other living creature. Yet it is readily admitted on all hands, that ſome people will grow fat with a moderate diet, and that others will continue lean though they ſeem to eat immoderately. But this difference ariſes from a better and more perfect digeſtion in the one caſe than in the other. Yet the matter remains equally certain, that the perſon, who grows very fat, takes in more nouriſhment than he ought to do; while the other only follows nature, and prudently endeavors, as far as he is able, to ſupply her daily wants. It is not the *quantity* that we eat and drink, but the *effects* of it on our bodies, which, with a view to the preſervation of health, ought to be chiefly regarded. The juſt proportion of the ingeſted and egeſted, ſhould be ſtrictly preſerved.—But if what we take in exceeds what paſſes from us by the different outlets of the body, it is manifeſt that we take in more than nature requires. Corpulent

people have no chance to diminiſh their corpulency, but by *moderating their diet*; for they are ſeldom able to uſe exerciſe ſufficient for that purpoſe. At the ſame time *gentle exerciſe* of all kinds, when it can be admitted, is very adviſable, and it ought to be increaſed, as they loſe weight and become ſtronger and more active.

But I beg pardon for enlarging on a ſubject, likely to do ſo little good; for the reduction of exceſſive corpulency is to moſt people an Herculean labor, entered upon with great doubts and difficulties, but eaſily deſiſted from, and the evil left to remain as it was. It would however be well, if thoſe, who are beginning to grow very fat and corpulent, would reflect a little on the fatal conſequences of ſuch a ſtate of body, viz. the miſeries, diſeaſes, and untimely deaths to which they are liable to be ſoon expoſed. By this means they might be perſuaded to moderate their diet; or, if that be impoſſible, to uſe exerciſe in proportion to it, while they are able, that the ſize and weight of the body may be continued at a proper and healthful ſtandard. *

Before

* Dr. Cullen, in his public Lectures on the Practice of Phyſic, makes many excellent obſervations on the removal of corpulency, which he very juſtly ſtiles a diſeaſe, under the title of *Polyſarcia*.

Before I conclude theſe remarks, I muſt not forget to mention that Mrs. ——— had an inflammation in her eyes, which was cured by the common applications; and as my own eyes have been long weak in conſequence of inflammation, I may be allowed to add, that without great temperance in diet, I never found any external applications which could procure me any laſting relief. If the veſſels of the eyes and eye-lids are relaxed by long previous inflammations, a ſuperabundance of blood in the general habit will always have the greateſt effect on the weakeſt part; and, ſurely, our ſight is a bleſſing of ſo valuable a nature, that if temperance in eating and drinking will preſerve it, we cannot think it too dearly purchaſed. Moderate exerciſe too, properly continued, in which there is no violence or ſtraining, will, if the weather is not too cold or windy, be found very ſerviceable in the ſame complaint.

CASE

## CASE IX.

*The Convulsive Asthma complicated with the Jaundice, cured by the* Flowers *of* Zinc.

MR. ——, aged 32, January 3, 1780, has been subject to an Asthma at times for near two years, along with flatulency, distension and pain in his stomach, a bad cough and little or no expectoration. His asthmatic fits will frequently come on in a moment, so that he can neither walk nor speak. His breathing at present is very laborious, but it is the worst about three or four o'clock in the afternoon, and continues severe till two or three in the morning, after which time he generally becomes easier, and rests tolerably well.

He is subject likewise to a pain in his right side which extends across his stomach, and he has at present a very bad jaundice. His face and eyes are very yellow, his stools white, urine thick and high-colored. He has been accustomed to high living, and, for many years past, has been very free in the use of strong liquors. He has had the jaundice above three months. His constitution is weak and impoverished,

spirits

ſpirits dejected, pulſe low, body bound, appetite bad, and he is frequently troubled with ſickneſs.

R. *Infuſi amari ſimplicis uncias duas cum ſemiſſe,*
*Aquæ Cort. aurant. ſpirit. ſemunciam,*
*Salis diuretici ſcrupulos duos.*
*Fiat hauſtus, ter die ſumendus.*

R. *Saponis duri ſemunciam,*
*Lenitivi Electarii drachmas ſex,*
*Tartari ſolubilis drachmas duas,*
*Rhabarbari Pulveris drachmam unam,*
*Syrupi Roſarum ſolutivi q. ſ.*
*Fiat Electarium, cujus capiat drachmam unam mane & veſpere, donec alvus reſponderit, & repetatur eadem doſis pro re nata.*

The 8th. He ſtill continues to be troubled at times with ſickneſs and reaching, the pain in the region of his ſtomach is eaſier, his body is open, his ſtools are of a more natural color, and the yellowneſs of his face is ſomewhat abated. His aſthmatical complaints are nearly as uſual.

*Sumat emeticum veſpere.*

*Continuetur electarium; & repetatur ut antea hauſtus amarus, addendo*
*Florum Zinci grana octo.*

The

The 12th and 14th. The emetic anſwered well. He was not ſick with the draught. The yellowneſs of his face and eyes is leſs; his ſtools are more natural and of a yellower color; pains eaſier; appetite better; body looſe; cough, difficulty of breathing, and other aſthmatical ſymptoms rather abated.

The 19th. His cough and difficulty of breathing ſtill continue to grow better, the ſymptoms of the jaundice ſeem gradually to diminiſh, and he has little or no pain in his ſide and breaſt. His expectoration is eaſier and his ſleep leſs diſturbed.

*Repetatur electarium; & continuetur hauſtus amarus, ſed conſtent ſingulæ doſes ex Florum Zinci granis duodecim.*

The 24th. The ſymptoms of the jaundice are almoſt removed, ſtools natural, urine clearer, appetite good. He is not ſick with his medicines; his breathing is eaſier; and he gets up a little phlegm with his cough.

The 29th. He finds himſelf materially better in his cough and difficulty of breathing, and can bear to uſe exerciſe with much more eaſe.

The pain in his right ſide is entirely gone, and he has no ſymptoms of his jaundice remaining.

February 4th and 8th. He has had no return of the Aſthma, and continues free from the jaundice.

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After the obſervations already made on the preceding caſes, the indications and method of cure in this will require little or no comment. The complication of the Aſthma and Jaundice is not unfrequent. I have ſeen ſeveral caſes of the ſame kind. This Gentleman had been accuſtomed to eat high-ſeaſoned meats, and to drink freely, which method of living induces plethora and over-diſtenſion of the blood-veſſels, and conſequently want of tone and internal obſtructions and inflammations in the different viſcera, and in none more readily than in the lungs and liver.

As a further proof of what is here aſſerted, I ſhall beg leave briefly to relate the caſe of a patient, whom I had ſome years ago in the York County-Hoſpital, gardener to Sir Joſeph Pennington, who had a moſt dreadful complication of a pulmonary conſumption and jaundice,

in

in which the Aſthma occurred as a ſymptom. The whole right ſide of the cheſt was very much ſwelled and enlarged, as was evident to the eye. His cough was troubleſome; his breathing at times ſuddenly and dreadfully laborious; and he expectorated a yellow bitter fætid matter, in which there appeared to be a mixture of bile, pus, and phlegm. He complained likewiſe of ſwelling and hardneſs in the abdomen, and of ſevere pains in his breaſt, ſtomach, and bowels, with conſtant vomitings. His pulſe was extremely weak, and he had no appetite. His diſorder had been preceded by a fever nine months before. He could lie no way but on his right ſide, and then was obliged to have his head and breaſt raiſed high with pillows. Extreme debility. A hectic fever, with morning ſweats. No reſt at nights. Great flatulency and dry brown ſtools. He lingered on a few weeks, and then was happily releaſed from his unſpeakable miſeries.

On opening his body, his bowels were mortified in ſeveral places. His liver was of a pale color, and forced down three inches lower than natural. The gall-bladder was diſtended to twice its common ſize, and there were three gall-ſtones contained within it, but

no paſſage remained by the ductus communis into the duodenum. The right lobe of his lungs was entirely conſumed except a very ſmall portion little bigger than a hen's egg; and the right ſide of the cheſt contained ſeven quarts of a yellow bilious matter, ſimilar to what he uſually expectorated. I then examined the midriff, and found on the right ſide of it a large opening into the right lobe of the liver. A little more to the left, and near to the mediaſtinum, but ſtill within the right cavity of the cheſt, there was another opening through the midriff, which led into the ſmall lobe of the liver. On cutting into the lobes of the liver, there were two very large ulcers, which had nearly conſumed the whole ſubſtance of that gland. The left lobe of the lungs was not much diſeaſed, and the heart was ſound.

During my attendance at St. Thomas's Hoſpital in London, there was a patient in a jaundice, pulmonary conſumption, and ſymptomatic Aſthma, who expectorated purulent matter mixed with bile, leaving no doubt, from its color and taſte, of a communication between the lungs and liver through the diaphragm. This man alſo died, but I do not remember that his body was opened.

Ulcers

Ulcers in the lungs and liver frequently ariſe at firſt from obſtructions and inflammations, which, perhaps, early and plentiful bleedings might have cured. But the lower claſs of people are often patient under their complaints, until they have got a foundation which nothing can remove. There are many caſes of jaundice, which begin with ſymptoms of inflammation in the liver, in which repeated bleedings, according to the urgency of the ſymptoms, are of the greateſt ſervice. In the caſe of Mr. —— there were gall-ſtones in the gall-bladder, which, by creating obſtructions, might probably be one principal cauſe of his moſt complicated malady. The inflammation of the lungs and liver was communicated to the diaphragm, and induced adheſions and ulcerations. In conſequence of this communication between the thorax and abdomen, the bilious purulent matter of the liver was mixed with the mucous purulent matter of the lungs, and cauſed that mixed bitter fœtid diſcharge by expectoration, which we have before mentioned. It was evident, from the ſymptoms of the diſeaſe, as well as from the diſſection, that there was no paſſage from the ulcers of the liver by the ductus communis into the duodenum, otherwiſe there would have been a drain for the matter downwards, which was not the caſe.

# PART II.

## CASES of ASTHMA,

IN WHICH THE

## FLOWERS of ZINC

Were employed with ſucceſs from the firſt of my Attendance.

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### CASE X.

*The Convulſive Aſthma, complicated with the Humoral, cured by the* Flowers *of* Zinc.

*WILLIAM LAWSON*, a brewer by trade, aged 33, admitted at the York County-Hoſpital on the 29th of January, 1781, has drunk hard, and been frequently expoſed to cold; to both which cauſes he attributes his preſent aſthmatical complaint, which he has had for three years paſt, but ſays it is worſe this

this winter than ever it was before. The fits of his Aſthma ſometimes laſt for three days, ſometimes for a ſingle night, and ſometimes for only two or three hours; but at all times the difficulty of breathing in the fit is ſo violent that he cannot bear to lie down. His face is high-colored, and his habit of body inclining to fulneſs; his pulſe is ſtrong and rather quick; his expectoration difficult and ſcanty; his left eye is conſiderably inflamed; and his feet and ancles are ſwelled and painful, which laſt ſymptom he has had for ſome time paſt. He has taken lately by my direction ſome aloetic pills, which have kept his body open, and he thinks that they have been of ſervice to him.

*Mittatur ſanguis ad uncias duodecim,*

*Sumat Florum vel Calcis Zinci grana decem in conſervæ roſarum drachma una;*

*Miſturæ ſalinæ uncias duas ter die;*

*Pilularum Ruſi tres vel quatuor pro re natâ;*

*& Hauſtum anodynum hora decubitus.*

February 1. He finds himſelf ſomewhat better to-day. The firſt and ſecond night ſince the report of the 29th, he was ſo very bad in his Aſthma, that he was forced to riſe at one o'clock, and ſit up all night. The third night he was ſomewhat eaſier, and lay in bed till

near

near ſix o'clock. He coughs leſs and expectorates freely. His blood is not ſizy, and, ſince he began with the pil. Ruſi, he has generally one or two ſtools a day. He ſays that he finds relief at night from his drops, and he is not ſick with his bolus.

*Repetantur remedia; & continuetur bolus addendo Florum Zinci grana quinque.*

*Sumat cras mane Miſt. Purg. uncias quatuor.*

The 5th. The ſtuffing in his breaſt and difficulty of breathing are better He wakes now at one o'clock, and has his fit, which laſts only for an hour, and he can bear to lie down in bed all the time. His cough is eaſier and looſer, and he ſpits freely a whitiſh, yellowiſh, well-digeſted phlegm, of an uniform color and conſiſtence. His phyſic anſwered well, and gave him ſeveral ſtools. He has no ſickneſs with his boluſes, and his appetite is much improved. His left eye ſtill continues to be inflamed; but the pain and ſwelling of his feet and ancles are eaſier.

*Repetantur remedia; & continuetur bolus, ſed conſtent ſingulæ doſes ex Florum Zinci granis viginti.*

*Sumat hauſtum anodynum cum tinctura thebaicæ guttis triginta.*

*Collyrium commune ſepe in diem utendum.*

The

The 8th. He has eaſy nights and reſts well, little or no cough, a free expectoration, and a good appetite. He has two or three ſtools every day. His eye is much better, and the eye-water did not make it ſmart.

The 12th. He has had no return of his aſthmatical complaint, and his eye is well.

The 15th. He has no difficulty of breathing, and his cough is almoſt entirely gone. His appetite is good; his pulſe is natural; he ſleeps well; has no rheumatic pains in his feet and ancles; and finds himſelf much ſtronger.—Let him be diſmiſſed.

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William Lawſon was a brewer, which is a very unwholeſome employment. I have had many patients, following that buſineſs, who were afflicted with ſevere complaints in their lungs, either aſthmatical, conſumptive, or both.—Brewers are expoſed to great heats and colds, nocturnal watchings, and hard drinking, all which we have fully ſhewn to be frequent and powerful cauſes of the aſthma and pulmonary conſumption. The convulſive aſthma in this caſe was complicated with the humoral; for his

cough was violent, with a foul copious expectoration. A laudable expectoration generally relieves in theſe caſes, but any expectoration, however laudable, denotes, if in large quantity, a ſevere complaint. The pain and ſwelling of his legs appeared to be rheumatic.

As he was plethoric, blood-letting and laxatives were adviſed, and indeed both his pulſe and general habit of body ſeemed to indicate them. He then took the Flowers of Zinc, the ſaline mixture, and tinctura thebaica. As I had found the Flowers of Zinc evidently uſeful in the Aſthma, and had in many inſtances ſeen them ſucceed when other medicines had failed, I preſcribed them immediately in this caſe, without having tried other remedies before them. The Flowers of Zinc are by no means to be claſſed among powerful heating ſtimulants, and therefore I had no fear of uſing them after bleeding and laxatives, though the patient was rather of a full habit.

The matter expectorated and accurately deſcribed by this patient is different from the common appearances of phlegm. He called it "a whitiſh yellowiſh rotten ſtuff," which had a diſagreeable faint taſte and ſmell, and was of an uniform color

color and conſiſtence. I ſaw ſome of it, and I have ſeen a ſimilar kind of matter ſpit up by ſeveral Aſthmatics. It is not pus, but a yellowiſh uniform well-digeſted mucus. Indeed, phlegm, with the ſame appearance, is ſometimes expectorated in a common catarrh, where there has not been the leaſt foundation, from the attendant ſymptoms and the ſequel of the diſeaſe, to ſuſpect even any the ſmalleſt ulcerations in the lungs. In conſumptive caſes with tubercles and ulcerations of the lungs, the matter ſpit up is generally of a mixt nature and variegated color, partly opaque and partly tranſparent, conſiſting of pus and mucus, more or leſs intimately blended together, and very rarely (if ever in the beginning of thoſe complaints) puts on an uniform appearance in color and conſiſtence. By a careful examination, the experienced practitioner can readily diſtinguiſh in general the clearer, more tranſparent, and more viſcid particles of phlegm, from the yellower, leſs tranſparent, and leſs coherent particles of purulent matter, and a ſeparation of the two may be made in many caſes, by the help of a ſmall probe or any other fit inſtrument.

William Lawſon had been ill three years, the ſeaſon of the year was againſt him, and his diſorder was very violent. He begun with ten grains of the Flowers of Zinc, and gradually increaſed the doſe to twenty grains three times a day, and he took his drops in the laſt doſe of his mixture. He was admitted at the Hoſpital on the 29th of January, and he was diſmiſſed cured on the 15th of February.

## CASE XI.

*The Convulſive Aſthma, complicated with the Humoral, cured by the* Flowers *of* Zinc.

*ELIZABETH STEVENSON*, aged 62, March 13, 1776, of a pale emaciated habit, has been ſubject to an Aſthma from her infancy of the convulſive kind, complicated with the humoral. The fits return frequently, and are very ſevere, particularly in thick foggy weather. Her ſpirits are low, body bound, pulſe weak, appetite but very indifferent, and ſhe is ſubject to the piles. She has uſed at different times a variety of medicines, ſome of which ſhe thought gave her a little relief. She has had no appearance of the menſes for many years paſt.

R. *Con-*

R. *Confectionis cardiacæ drachmam dimidiam,*
*Conſervæ Cynoſbati ſcrupulum unum,*
*Caſtorei pulveris,*
*Florum Zinci, utriuſque, grana quinque.*
*Syrupo balſamico fiat bolus. Sumat unum bis die, & ſuperbibat julepi cardiaci uncias duas.*

R. *Lenitivi Electarii unciam unam,*
*Florum Sulphuris ſemiunciam,*
*Tartari Solubilis drachmas duas,*
*Rhei Pulveris, drachmam unam,*
*Syrupi Balſamici q. ſ.*
*Fiat Electarium, cujus capiat mane pro re nata cochlearium unum parvum.*

The 18th. The electuary procured her one ſtool, and the bolus agrees well with her ſtomach; but her breathing continues very laborious, attended with much wheeſing.

*Repetatur electarium, etiamque bolus, addendo Florum Zinci grana tria.*

The 25th. Her ſpirits are ſtill low, and ſhe has a bad cough. Foggy weather and the ſmoke of the city encreaſe the violence of her aſthmatic fits, but a dry clear ſtate of the air renders them milder.

The

The 29th. She finds herſelf conſiderably better.

April 3. She continues to recover. The boluſes ſit eaſy on her ſtomach, and the electuary keeps her body regular.

The 6th. She feels herſelf very well this morning, her aſthma and cough are very much relieved.

*Repetatur electarium; & continuetur bolus, ſed conſtent ſingulæ doſes ex Florum Zinci granis decem.*

The 12th. The medicines continue to agree with her, and ſhe finds no ſickneſs after taking them. Her appetite is improved; ſhe ſleeps well, and feels herſelf ſtronger every day.

The 19th. She has no cough; but at times is yet troubled with a ſlight difficulty of breathing.

The 26th. She has no complaint.

CASE

## CASE XII.

*The Convulſive Aſthma, complicated with the Humoral Aſthma, general Weakneſs, Relaxation of the ſtomach and bowels, Indigeſtion, dropſical Swellings and Rheumatiſm, cured by the* Flowers *of* Zinc, Purgatives, *gentle* Labor, *&c.*

*MARY STEVENSON*, aged 23, April 1, complains of a pain in her breaſt, a violent cough, and difficulty of breathing, which come on very ſuddenly both in the day and in the night, and continue for ſeveral hours at a time. Any quick motion will frequently induce a fit of her aſthmatical complaint, but it frequently attacks when ſhe is uſing no exerciſe at all, attended with a ſwelling of her ſtomach and palpitation of her heart.

She is ſubject to dropſical ſwellings of her legs, and ſometimes ſhe has a like puffy ſwelling univerſally over her whole body, and at thoſe times ſhe can hardly get her breath. She is of a low ſtature and a full groſs phlegmatic habit, but her face is rather pale, and her fleſh relaxed and unwholeſome. She is not regular in her menſes; for ſometimes they return once in three weeks,

weeks, and ſometimes they do not appear for two or three months. Her ſtomach often ſwells violently, and ſhe has frequent fainting fits. She got cold when her menſes were upon her about two years ago, which firſt brought on her ſhortneſs of breath. About that time, likewiſe, ſhe firſt began to be loaded with unwholeſome fat. She is frequently troubled with dizzineſs, ſickneſs, and a riſing of inſipid water from her ſtomach, which the common people in this part of the country call black-water, and in Edinburgh waterbraſh. After theſe fits of dizzineſs and ſickneſs, ſhe ſometimes feels a coldneſs, and then immediately breaks out into a ſweat. Her ſkin often prickles and itches violently. She is ſubject to ſevere pains in her legs, ſtomach, and bowels. Her pulſe is low and not quick, expectoration difficult, tongue clean, ſkin cool, body regular.

*Florum Zinci grana octo in conſervæ roſarum drachma una bis die.*

*Miſturæ mucilaginoſæ uncia & dimidia ter die.*

*Hauſtus ſenæ purgans c pulveris jalapii granis octo cras mane.*

The 5th. She ſtill complains of a pain in her breaſt, a troubleſome cough and great ſhortneſs of breath, with general dropſical ſwellings

ings. She has a very troubleſome itching in her ſkin. Other ſymptoms are nearly as before. The phyſic anſwered well; and the bolus did not make her ſick.

*Mittatur ſanguis ad uncias octo; & repetantur remedia, ſed augeatur doſis Florum Zinci ad grana duodecim.*

The 10th. Her aſthmatic fits do not return ſo frequently, nor are they ſo long or violent as they were. She feels no ſickneſs from her medicines. Her appetite is better, and the black-water is leſs troubleſome. Her legs and whole body ſtill ſwell at times, but in a leſs degree, and ſhe finds herſelf growing ſtronger.

*Hauſtus ſenæ purgans cras ſumatur.*

The 13th. She continues to recover. Her appetite is good. Expectoration free. The pains in her legs are much better, but her breaſt feels ſore, and her ſtomach is both ſore and ſwelled. She ſays that her phyſic always relieves her.

The 18th. Her ſtomach ſwells much, and ſhe often has, as uſual, a violent palpitation of her heart. In other reſpects ſhe continues to recover.

*Repetatur bolus, miſtura, & hauſtus purgans.*

The 22d. She is weak and languid to-day. The purging phyſic relieves her materially.

*Hauſtus ſenæ purgans cras.*

The 26th. She has her menſes at preſent, and continues better.

May 3. She ſays that the bolus makes her ſick. She has ſtill ſome returns of her difficulty of breathing, but they are very trifling. The general dropſical ſwellings of her legs and whole body are almoſt entirely removed.

*Hauſtus ſenæ purgans cras.*

*Sumat pilulas Florum Zinci duas mane & veſpere, & ſuperbibat julepi menthæ uncias duas.*

The 6th. She is better, and makes no complaint of ſickneſs; but has a pain in her thighs.

*Sumat pilulas tres mane & veſpere.*

The 10th. She recovers faſt, and ſays ſhe finds much relief from the pills. Her ſhortneſs of breath and pain in her thighs are much better. Her ſick fits do not come on near ſo frequently, her ſtomach is ſtronger, and her dropſical ſwellings are entirely gone.

The

The 16th and 24th. She has had no return of her aſthmatical complaint except once when ſhe walked quick. Her ſtrength encreaſes daily. Let her go into the country.

R. *Aquæ Fontanæ uncias quatuor,*
*Mucilaginis Gummi Arabici.*
*Tinct. Cort. Peruv. utriuſque unciam unam.*
*Miſce. Doſis unciæ duæ ter die.*

The 31ſt. She has got a little cold ſince ſhe left York. Her tongue and throat are ſore, which diſturbs her reſt, and ſhe is coſtive. The country agrees very well with her, and for ſome days paſt ſhe has been gathering weeds in the fields. She has walked eight miles to-day, and returns home to-morrow. She does not take milk becauſe it ſtuffs her.

*Repetatur miſtura corticis & ſumantur pilulæ Ruſi tres pro re nata hora ſomni.*

June 7. She is ſtill in the country, and has walked eight miles to-day. Has had no return of her Aſthma, but complains of a little freſh cold attended with a ſlight cough, ſore mouth and ſpitting. She has loſt a good deal of that unwholeſome fat with which ſhe was burdened.

The 24th. She has no complaint, except a little roughneſs in her throat, with a few ſmall pimples in her mouth. She is ſtrong and well in all other reſpects; her appetite is perfectly reſtored; her complexion is clearer and more healthful; and ſhe is much ſmaller in her perſon, but ſtronger and more active.

July 8. No complaint of any kind.

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This Aſthma is complicated with a high degree of chronic or general weakneſs, along with great relaxation of the ſtomach, and univerſal puffy dropſical ſwellings. Her habit of body was very groſs and phlegmatic, and ſhe had a paſty unwholeſome look, with great languor and ſluggiſhneſs of conſtitution, all which were very unfavorable circumſtances. She attributed the riſe of her complaint to cold when her menſes were preſent, which is a very frequent cauſe of diſeaſes among women. Particular caution is required at that time, for their conſtitutions are then more readily acted upon by cold. Afterwards, when her illneſs confined her, ſhe was, in conſequence of her relaxed fibre, not only troubled with general œdematous or dropſical ſwellings, but alſo with an

an unwholeſome fatneſs, which of itſelf would certainly tend to encreaſe her difficulty of breathing and aſthmatical complaints. Thus ſhe was in a fair way of rendering her diſorder worſe, if not incurable.

When ſhe firſt came to me, as her pulſe was low and her habit relaxed, I wiſhed to avoid bleeding, and ordered the Flowers of Zinc as a tonic and antiſpaſmodic, along with a doſe of phyſic and a mucilaginous decoction. The ſecond time I ſaw her, her cough and difficulty of breathing, with a rheumatic pain in her ſide and legs, were ſtill very troubleſome, and therefore bleeding, notwithſtanding the relaxed ſtate of her conſtitution, was adviſed. Indeed it is a fact well confirmed by experience, that we are ſometimes under the neceſſity of bleeding in ſevere attacks of the Aſthma, when even the weakneſs of the patient is very great. This operation however, in order to render it ſucceſsful, muſt in ſuch dubious caſes be performed with great caution and judgment, otherwiſe much miſchief may certainly enſue from it.

Gentle purgatives, thro' the whole of this caſe, were of great uſe; and indeed from the general appearance of the patient and the nature

ture of her conſtitution, it was highly probable they would be ſo. Her habit was groſs, and ſhe ſometimes eat more than ſhe could digeſt, which would of courſe ſwell and diſorder her ſtomach and bowels. Purgatives, therefore, affording immediate temporary relief to the firſt paſſages, and unloading the blood veſſels by inducing a diſcharge of ſerous fluids, were evidently indicated. When her menſes were upon her ſhe did not take her purgative; but I did not judge it neceſſary to intermit the other remedies, as they would rather favor than check that natural evacuation.

The Flowers of Zinc were preſcribed at the beginning of her attendance, and continued till the aſthmatic fits were removed. They were firſt given in the form of a bolus, but when ſhe grew tired of that, they were preſcribed in pills, beginning with a ſmaller doſe and gradually increaſing it. The remedy then agreed very well with her, and ſhe gladly acknowledged that ſhe continued to receive benefit from it. Her diet in the mean-time conſiſted chiefly of bread, water-gruel, light puddings, a little freſh meat now and then, and ſuch like mild nouriſhing things.

Afterwards

Afterwards the tincture of bark and the pil. Rufi, along with country air and exercise, were recommended to compleat the cure. As she grew better, she was obliged to work in the fields for a livelihood, and she had eight miles to walk whenever she attended on me at my Dispensary. Eight miles were at first more than in strict propriety she ought to have walked; but necessity has no law; and had I begun to raise objections, she might, thro' fear of over-fatiguing herself, have desisted from her attendance, and so have lost the opportunity of being cured.

This example, I hope, may be useful to others; for she certainly received very great benefit from walking and gentle labor. Her appetite and digestion were restored; she looked clear and well in the face; lost all her unwholesome fat; and with regard to activity and bodily strength, became quite a new creature. Such examples, as this, are rare; for the natural sluggishness of constitution in these cases forbids exercise, and when people are in easy circumstances, trouble of all things is what they most dislike. This poor woman was obliged to work for her bread; and therefore my advice, concerning exercise and gentle labor,

were

were followed with ſteadineſs and alacrity. Such relaxed watery exuberant conſtitutions as hers, will always receive very great benefit from following her example, both in uſing exerciſe and in avoiding indulgences.

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## CASE XIII.

*The Convulſive Aſthma, complicated with Chronic Weakneſs, cured by the* Flowers *of* Zinc.

ALICE WILSON, aged 53, September 13, 1782, has an Aſthma of the nervous kind. It attacks her at four o'clock in the morning with great violence, ſo that, not being able to lie down, ſhe is obliged to ſit up in bed. The fit laſts three or four hours. Her complaint has been growing worſe ever ſince laſt May, and has conſtantly returned every night. She gets her livelihood by waſhing, and conſequently has often been expoſed to great heats and colds. She has had no appearance of her menſes for ſeven years paſt, and when they were leaving her, ſhe was very ill for four years, troubled with frequent vomitings and great weakneſs, but after a fever ſhe gradually recovered her health and ſtrength. Her ſtomach

mach is often very ſore, particularly in an afternoon, and ſhe frequently ſpits up a bitter froth in which there is a mixture of bile. She is at times ſeized with ſickneſs and vomiting. She complains of flatulency and a conſtant working in her bowels at night when ſhe wakes, which ſymptoms ſhe has had many months; and alſo of great tightneſs over her breaſt both before and during her aſthmatic fits. Her body is bound. Expectoration difficult. Skin cool. Pulſe moderate. Nights very reſtleſs and diſturbed.

*Capiat bis die bolum ex Florum Zinci granis ſex & conſervæ cynoſbati drachma una; & ſuperbibat julepi menthæ uncias duas.*

The 20th. She is rather eaſier. Had a little ſickneſs from the bolus for two or three of the firſt doſes, but is not ſick with it now.

*Repetantur remedia; necnon ſumatur emeticum hora ſeptima veſpertina.*

October 3d. The vomit operated well, and her other medicines ſit eaſy on her ſtomach. She finds herſelf conſiderably better both in her cough, expectoration, and difficulty of breathing. Her aſthmatic fits are but trifling at

preſent, and ſhe ſleeps well. The foreneſs of her ſtomach is greatly diminiſhed, and ſhe ſeldom ſpits up any bitter froth.

The 12th. Her cough is better, and ſhe can breathe much more eaſily. Her bolus creates little or no ſickneſs. The tightneſs and ſtricture acroſs her ſtomach is almoſt gone. She has good nights, and is very eaſy when ſhe wakes. The flatulency and conſtant working in her bowels at nights is diminiſhed.

The 18th. She has had a return of her Aſthma for ſeveral nights, but with much leſs violence than before. Her cough continues better, her expectoration is freer, and ſhe has no vomiting. She reſts in the night tolerably well.

The 25th. She continues much better; has little or no wheezing in the night; and breathes freely without any return of her aſthmatic fits.

November 1ſt. She has no complaint.

This

This woman's caſe affords another ſtriking example of the good effects of the Flowers of Zinc. Her Aſthma too was complicated with a great degree of general weakneſs, and relaxation. The ſoreneſs of her ſtomach, vomitings and riſing of bitter froth, with flatulency and frequent working in her bowels, were very troubleſome ſymptoms. The tonic and anti-ſpaſmodic effects of the Zinc proved uſeful in the removal of thoſe complaints, as well as of the Aſthma. It is ſomewhat ſingular, that when the menſes had left her, ſhe continued ill for the ſpace of four years, and after a fever recovered her health and ſtrength again. It is difficult to account for this fact; but there are many of a ſimilar nature, ſufficient to ſupport and confirm the truth of it; for we frequently ſee valetudinarians become ſtronger and more healthful after a fever.

## CASE XIV.

*The Convulſive Aſthma, complicated with the Humoral Aſthma, Spitting of Blood, Bleeding of the noſe, Rheumatiſm, and Weakneſs of the ſtomach, cured by the* Flowers *of* Zinc.

I Was deſired to viſit at his houſe in the country Mr. ——, aged 47, April 12, 1783, who is violently afflicted with an Aſthma attended with a ſevere cough and ſtuffing in his breaſt. He is commonly attacked in the daytime with three or four fits, in which his difficulty of breathing is on a ſudden ſo violent as almoſt to threaten ſuffocation. He has likewiſe ſeveral fits in the night, and then wakes from his ſleep in ſo diſtreſsful a ſituation, as if unable to recover his breath. Theſe complaints are followed by a ſevere cough, from which he finds eaſe when he ſpits up a little phlegm of a grayiſh or bluiſh caſt. His difficulty of breathing is always the greateſt when he is the leaſt able to cough, but ſometimes coughing gives him a violent pain in his head. He has been ſubject to this aſthmatical diſorder for ſeveral years paſt, and has always found great difficulty in uſing exerciſe of any kind. About eight weeks ago he frequently ſpit blood in conſiderable quantities attended with a fit of coughing. His conſtitution is rather full and tolerably

tolerably good; and he is ſubject at times to a bleeding at his noſe. He complains of thirſt, but has no appetite for food. His ſtools are natural, but he is much troubled with wind in his ſtomach, which at times makes it ſwell violently. His pulſe is ſmall, and rather hard. He is low-ſpirited, has a dizzineſs in his head, and a frequent reſtleſſneſs and uneaſineſs in his limbs, with rheumatic pains in his ſide, hips, ſhoulders, &c. moving from one place to another.

*Fiat veneſectio ad uncias octo.*

*Sumat hauſtus ſenæ purgantis uncias quatuor cras mane.* *

*Capiat ter die hauſtum ex julepi e camphora uncia et dimidia; nec non bolum bis die ex Florum Zinci granis octo.*

On the 16th I ſaw him again, and took the following report. His blood is rather ſizy, the phyſic operated well, he is not ſick with his bolus, and finds himſelf ſomewhat eaſier. He is ſtill very much ſtuffed in his breaſt, and has a troubleſome cough; but the attacks of ſudden difficulty of breathing, which he calls his nervous Aſthma, have neither been ſo frequent nor

* This purging draught is the ſame as the one preſcribed p. 173, with this difference only, that the tartarum ſolubile is uſed inſtead of the ſal de Rochelle.

nor ſevere. He is ſtill thirſty and has no appetite. His pulſe is ſmall, but neither hard nor frequent, and his rheumatic pains are much as uſual.

*Repetantur remedia.*

On the 20th I paid him another viſit in the country, and had the ſatisfaction of finding him materially better. His aſthmatic fits were leſs frequent and leſs ſevere, and his cough was not ſo violent and ſtraining as it had been. He complained ſtill of ſtuffing in his breaſt, thirſt, want of appetite, and pains in his joints. His pulſe was ſofter and not quick. His ſtomach was leſs loaded and leſs ſwelled. The dizzineſs in his head and lowneſs of ſpirits were ſomewhat better. The phyſic anſwered well. The bolus ſat eaſy on his ſtomach, but he was ſick with his draught.

*Repetatur bolus, & ſumantur ter quaterve in die decocti mucilaginoſi untiæ duo.* *

In

* R. Radicis Althææ inciſæ unciam unam cum ſemiſſe,
Gummi Arabici drachmas duas,
Aquæ fontanæ libram unam,
Coque ad Colaturæ uncias ſex, & adde
Nitri puri drachmam unam,
Syrupi balſamici,
Syrupi limonum, utriuſque, drachmas quinque,
Aceti diſtillati unciam unam vel quantum ſatis ad gratam aciditatem.

In a few days after the laſt report I received a letter from him, informing me that his aſthmatic fits had entirely left him, and that his cough and ſtuffing in his breaſt were much better and attended with a free expectoration. His ſpirits were good, his digeſtion ſtronger, his pains much leſs troubleſome, and he had had no return of his ſpitting of blood. His medicines agreed well with his ſtomach.

On the 4th of May I received another letter from him, by which I learnt that he continued to recover, but that his cough had not entirely left him, and now and then he had a ſlight return of his aſthmatic fits. He had begun, by my deſire, to ride out on horſeback every day when the weather was favorable, and found much benefit from it.—In little more than a fortnight after the receipt of my laſt letter, I ſaw him in York perfectly well and free from complaint. He then told me of his own accord, that he had continued the uſe of the boluſes to the very laſt, as he had found great relief from them.

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The caſe of this Gentleman affords an accurate hiſtory of that ſpecies of the convulſive Aſthma,

Aſthma, in which the fits are ſhort, but frequent, recurring ſeveral times in twenty-four hours. The humoral Aſthma is here complicated with the convulſive, along with a conſiderable degree of rheumatiſm—a complication which is not unfrequent. But in the caſe of Mr. ——— we find likewiſe that he is ſubject to a ſpitting of blood and a bleeding at his noſe; partly from an obſtructed circulation through the lungs, and partly from too much blood in the veſſels. It is highly probable from the hiſtory of the diſeaſe, that this patient had tubercles in his lungs. *

When his difficulty of breathing was the worſt, he was ſcarce able to cough, but as the fit abated, his cough returned, and he found eaſe when he could expectorate a little phlegm. This however he, like other aſthmatics, could not always accompliſh; for he would often cough violently for a conſiderable time, and at laſt be unable to ſpit up any thing at all. Such coughing fits as theſe harraſſed him much. Sometimes after two or three ſevere fits of coughing he would expectorate a little phlegm of a grayiſh or bluiſh caſt, which afforded evident

* Vide page 116, where the ſymptoms of tubercles are enumerated.

evident relief. Some Phyſicians are of opinion, that the phlegm, which is ſpit up of that color, comes from mucous glands in the bronchia, which are nearly of the ſame color. However that may be, I am fully convinced that it often gives an irritation to the lungs and provokes a cough, when it is not compleatly in the courſe of the air thro' the air-veſſels; for during the time of a fit of coughing, I have ſeen aſthmatics, when the ſpaſm of the lungs was not preſent, take a clear and tolerably full inſpiration, without the leaſt ſound or rattling of phlegm in the air-veſſels, and yet the irritation exciting the cough, has continued till, by further repetitions of the cough, a little dark-colored or bluiſh phlegm has gradually got into the courſe of the air in the air-veſſels, occaſioning a kind of rattling ſound, and at laſt has come eaſily up mixt with a ſmall quantity of common white phlegm. *

This fact has frequently fallen under my own obſervation, and many aſthmatics have



* In this caſe it appears as if the phlegm was either lodged partly at the orifice of a mucous duct, and partly in a ſmall air-veſſel; or elſe, collected more together, blocked up a ſmall air-veſſel, and part of it hung into another of a larger ſize, and produced an irritation there, till by coughing or hemming the phlegm was forced into the larger air-veſſel and then came eaſily up, or elſe flew out of the patient's mouth to ſome diſtance.

confirmed it. It is worth attention, for probably it may be hereafter found, that ſome ſpecies of the Aſthma may originate from a diſeaſe in thoſe mucous glands of the bronchia which ſecrete that bluiſh or grey-colored mucus, and be afterwards communicated more or leſs to the ſubſtance of the lungs themſelves. Nothing but frequent diſſections of dead bodies can clear up this point, nor indeed many others in the ſcience of medicine, which are ſtill involved in darkneſs and uncertainty. And it is to be hoped, that in this improving age the prejudices of mankind, againſt ſo uſeful and neceſſary a practice as that of examining the bodies of the dead, have at length ſubſided and given way to ſound ſenſe and public utility. By withholding no opportunity of advancement of medical knowledge from the induſtrious part of medical men, mankind will beſt conſult the good of themſelves and of their poſterity. By this means, the ignorant will be inſtructed; the raſh checked in their bold career; the timid convinced of the danger of timidity; the careleſs, through conſcience, become active and induſtrious; and the moſt ſenſible confirmed in what they already knew, and daily add great and ſolid improvements to the healing art. And how often, alas, does it happen thro' the

the great uncertainty of human life, that, while we are afflicted with one diſeaſe in its infancy, another in a different part and of a different nature, puts a period to our lives. Diſſections in ſuch caſes would not only ſhew the effects of the fatal diſeaſe, but likewiſe what viſible changes, however ſmall, were then made by the former which was juſt beginning. Thus the minutiæ of medical knowledge would be illuſtrated, and that part of diſorders better underſtood, which at firſt admits of the greateſt relief, but afterwards lays the ſure and ſolid foundation of deſtruction.

The medical practice, in the above caſe is eaſily explained. Bleeding and laxatives were ordered to obviate plethora, and along with them was enjoined a ſpare diet, which is of great conſequence. Animal food was not totally forbidden, becauſe this Gentleman's ſtomach was weak, but a very moderate portion of it only was admitted, and the reſt of his food conſiſted of the prudent uſe of milk and vegetables. The whole of his diet, taken together, was ſuch, as evidently tended to diminiſh the fulneſs of the veſſels. Exerciſe at firſt could not be uſed, but afterwards riding was of great ſervice to him. The ſickneſs which he complained of from his

medicines aroſe evidently from the camphor julep; for, by omitting that, the ſickneſs was removed, although he ſtill continued as before the Zinc bolus.

## CASE XV.

*The Convulſive Aſthma, following the Hooping Cough, cured by the* Flowers *of* Zinc.

MAſter *J. B—*, three years and ten months old, September 22, of a relaxed phlegmatic habit, inclining to fatneſs, labors at preſent under a violent difficulty of breathing, attended with a conſtant wheezing, a ſhort cough, and a conſiderable diſcharge of phlegm from the lungs, which evidently riſes into his throat, and is afterwards ſwallowed. Sometimes the difficulty of breathing comes on in a moment, either during exerciſe or after ſleep, and is ſo ſevere as to threaten ſuffocation. In this alarming ſtate, he continues for an hour, and ſometimes longer. He has generally five or ſix fits of his Aſthma in twenty-four hours. He has labored under his preſent complaint for above four months. He had the hooping cough about a year ago, but has always been ſubject to a cough and ſtuffing in his breaſt, with now

now and then violent fits of his Aſthma. His pulſe is quick and not weak, and he ſleeps tolerably well, except when his cough and difficulty of breathing diſturb him. The longer he ſleeps at once, the worſe he is when he wakes. His body is rather bound, ſkin cool, tongue clean, appetite indifferent, and he has no thirſt. About a week ago he was bled with three leeches.

R. *Florum Zinci grana duo,*
*Gummi Arabici grana tres.*
*Miſce, fiat pulvis, ter die ſumendus, ex miſturæ ſequentis uncia dimidia.*

R. *Emulſionis communis uncias duas cum ſemiſſe,*
*Spiritus Mindereri unciam unam,*
*Aquæ cinnamomi ſpirituoſæ unciam dimidiam.*
*Syrupi balſamici ſeſquidrachmam.*

*Capiat, ex quovis vehiculo, mannæ optimæ unciam dimidiam pro re nata, quando alvus aſtricta ſit.*
*Hirudines tres cruribus applicentur.*

The 28th. He is heavy and feveriſh in an evening. His cough and difficulty of breathing are ſomewhat better. The leeches bled freely, the manna anſwered well, and his powder agrees with him.

October

October 6th. His cough is rather encreaſed, particularly in a morning, at which time he gets up a little phlegm; but his difficulty of breathing and ſtuffing in his breaſt are much better. His body is open and he is livelier; he has good nights and ſleeps more compoſedly; he has a better appetite for food; is leſs feveriſh in an afternoon, and can walk ſtronger.

The 14th. His body is regular with the occaſional uſe of the manna. His cough and difficulty of breathing are much better; but he is rather more feveriſh in an afternoon than he was, and his appetite is not ſo good.

*Repetantur remedia, ſed augeatur doſis Florum Zinci ad grana tres.*

The 22d. He has no returns of his aſthmatical complaint, and his cough is but very trifling. He looks much better in the face, is ſtronger and more lively; has good nights and breathes well. His appetite is much improved; but he is bound in his body.

*Sumat cras mane hauſtus ſenæ pro infantibus uncias duas.* *

The

* The following is the preſcription, to which, when neceſſary, two ſcruples or a dram of the tinctura jalapii may be occaſionally added;

R. Infuſi

The 27th. The phyſic anſwered well and he is free from complaint, except ſome return of pain in his breaſt, ſimilar to that which preceded the laſt violent attack of his aſthmatic diſorder.

*Cruribus applicentur hirudines quatuor.*

*Repetantur cras mane hauſtus ſenæ pro infantibus unciæ duo,*

November 4th. He has no pain in his breaſt, but complains of a little pain in his right knee. His breathing is quite natural, and the phyſic, which he took on the 28th, gave him four ſtools.

The 9th. He has no returns of his Aſthma, his cough has entirely left him, and he has no pain either in his breaſt or limbs.

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This caſe affords a ſtriking example of the Aſthma in a very young child. As the paleneſs of his face and his groſs relaxed phlegmatic conſtitution evidently denoted, he had been much

R. Infuſi ſenæ communis ſeſquiunciam,
Mannæ optimæ unciam dimidiam,
Amygdalas dulces tres,
Tincturæ ſenæ drachmas duas, M. S. A.

much confined within doors, and prevented from uſing that exerciſe in the open air, which is abſolutely requiſite for the health of children. Too groſs a diet and too much heat had likewiſe contributed in this caſe to encreaſe the malady. A common proportion of food even without neceſſary exerciſe, conſtitutes groſs feeding; and when children are confined to the houſe, it is difficult to keep them from being too near the fire. When aſleep too in the daytime, his mother often laid the full quantity of bed-clothes upon him, along with all his wearing apparel, which heated him immoderately, and was very pernicious.

The hooping cough, which he had had about a year ago, and which in many caſes proves a long and obſtinate diſeaſe, contributed much towards rendering his Aſthma more violent and dangerous. Sydenham has called the hooping cough, *pene inſuperabile malum*, an expreſſion, which, in all probability, has done miſchief in the world, by inducing both parents and practitioners of medicine to conſider the diſorder as incurable, and therefore to neglect it. Tho' medicine cannot haſtily remove it, I have no doubt, from the ſucceſsful practice of others, and from what I have ſeen myſelf, that much

much may be done towards ſhortening its duration, mitigating the violence of its ſymptoms, and preventing pulmonary conſumptions and other dreadful conſequences. In the preſent caſe, the hooping cough had been neglected, which was a very unfortunate circumſtance, and might, in many inſtances, have proved fatal; but this child had naturally a wide cheſt, which without doubt contributed greatly towards his preſervation.

The practice in this caſe needs little or no comment. The reaſon why opiates were not made uſe of, was that the child reſted tolerably well at nights, except when his aſthmatic fits diſturbed him, and then the longer he had ſlept the worſe was the enſuing fit. In his phlegmatic habit, therefore, an opiate, by cauſing too great a collection of phlegm, would have been attended with danger of ſuffocation, and might indeed have proved ſuddenly fatal.

When he was almoſt free from his aſthmatical complaint, he was ſeized with a pain in his ſide, ſimilar to that which he had felt at the beginning of the laſt violent attack. This pain, therefore, required particular attention, eſpecially as the child had lately gained fleſh,

and was fuller of blood. Accordingly he was bled immediately with four leeches, and had a gentle doſe of phyſic the next morning; which relieved the pain in his breaſt, and prevented any inflammatory affection.

Afterwards he had a pain in his right knee, which continued a few days and then diſappeared. Pains in the extremities, as was before obſerved, often ſucceed complaints of the breaſt, and whether mild or ſevere, powerful means in ſuch caſes ſhould not be haſtily uſed to remove them, leſt the diſeaſe, not yet ſubdued, ſhould be driven to the lungs, or to ſome other internal part. Poultices, fomentations, ſtrong volatile liniments, &c. ſhould not be immediately applied, but the pain in the joints, like a regular fit of the gout, ſhould be viewed in a more favorable light. This child, through the whole courſe of his diſeaſe, took his medicines without any difficulty, which was a very pleaſing circumſtance; and indeed the medicines preſcribed for him were always made as palatable as they could be.

As a further recommendation of the above-mentioned method of cure, I may juſt hint that the only ſon of the late Mr. N—— of Skelton, was

was attacked with ſevere ſpaſms of the lungs after the hooping cough, accompanied with ſudden and violent difficulties of breathing, a very alarming convulſive cough, a copious and ſomewhat yellowiſh diſcharge from the lungs, great weakneſs and emaciation, a hectic fever, and all the uſual ſymptoms of an approaching conſumption. By the uſe of the Flowers of Zinc and a proper regimen, along with the anxious care of moſt tender and affectionate parents, he was happily reſtored to health.

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## CASE XVI.

*The Convulſive Aſthma, complicated with the Humoral Aſthma and Chronic Weakneſs, cured by the* Flowers *of* Zinc.

JANE HARRISON, aged 60, November 18, has been ſubject to an Aſthma for twelve or thirteen years paſt. It attacks her three or four times a day and continues about an hour. When the fit is upon her, ſhe complains of a ſtraitneſs in her breaſt, conſtant wheezing, ſcanty expectoration, and great difficulty of breathing, but at that time ſhe is ſcarce able to cough. Her aſthmatical complaint is the worſt in winter, but it continues

all ſummer, and ſhe is never clear of it. Pulſe moderate. Body regular. She has had no appearance of the menſes for the laſt ten years. Her habit of body is weak, thin, and relaxed, and ſhe is much troubled with lowneſs of ſpirits.

*Capiat bolum bis die ex Florum Zinci granis ſex & conſervæ abſinthii ſcrupulis duobus; & ſuperbibat decocti lignorum uncias tres.* *

*Sumat hora ſeptima veſpertina pulveris ipecacoanhæ grana decem pro emetico.*

The 25th. Her Aſthma is rather better. The emetic operated well and brought away much phlegm and undigeſted matter. Her medicines agree with her, and her appetite is improved. Her cough is troubleſome, and without any expectoration. Her aſthmatic fits are not ſo frequent, nor ſo violent as they were. She has a large room to live in, which is well ventilated. She often walks out in the open air, and finds herſelf better for it. She breathes the freeſt when ſhe has the leaſt on her ſtomach,

* R. Ligni Guaiaci raſuræ,
Ligni Saſſafras raſuræ, ſingulorum, unciam unam,
Radicis Sarſaparillæ ſemunciam,
Radicis Glycyrrhizæ, (ſub finem coctionis addend.) ſemunciam,
Aquæ fontanæ libras tres.
Coque ad colaturæ libras duas; & adde
Aquæ cinnamomi ſpirituoſæ uncias tres.

ſtomach, on which account ſhe always makes light meals, and eats little or no ſupper.

*Repetantur remedia, ſed conſtent ſingulæ doſes ex Florum Zinci granis decem.*

December 1ſt. She continues to recover. Has been rather ſickiſh theſe two laſt mornings, when ſhe waked. The weather at preſent is very changeable, ſometimes rainy, ſometimes cloſe and warm, and ſometimes froſty. She can walk with more eaſe and ſtrength than ſhe did; her appetite is better, and her digeſtion ſtronger.

The 8th and 16th. She has for five days paſt had a regular return of her Aſthma every afternoon at three o'clock, and the fit laſts about an hour. She is ſtill ſick at times with her medicines. The weather in general is thick, damp, and mild, though now and then there is a froſt.

*Repetatur bolus, ſed conſtent ſingulæ doſes ex Florum Zinci granis octo.*

*Omittatur decoctum lignorum, et vice ejus capiantur ter die decocti mucilaginoſi unciæ duo.*

The 23d. She finds herſelf better. Her medicines cauſe no ſickneſs, and her breathing

is

is eaſier. The weather is very cold, and there is a hard froſt.

January 1ſt and 9th. She is very feveriſh, and durſt not come out to-day as the froſt is intenſe. Her cough and ſtuffing in her breaſt are increaſed; and ſhe has bad nights.

*Continuentur remedia, & ſumatur omni nocte hora ſomni hauſtus anodynus.*

The 15th. She is rather better than ſhe was. Thinks her medicines have relieved her greatly in her aſthmatic fits; but ſhe is ſtill ſtuffed in her breaſt, and at times very low-ſpirited. Her nights are eaſier ſince ſhe took her draught at bed-time.

February 1ſt. She continued the uſe of the remedies above preſcribed for about a month longer, and her cough, ſtuffing in her breaſt, and aſthmatic fits, gradually left her. She was diſmiſſed from her attendance at the Diſpenſary on the ſecond of March, at which time her breathing was free and natural, her complexion clearer, her pulſe fuller, and her appetite much improved. She had recovered her ſtrength very conſiderably, ſlept well at nights, and was in good ſpirits. During the courſe of her diſeaſe, ſhe now and then was troubled with a little

little ſickneſs at her ſtomach, which a few hartſhorn drops removed.——In this caſe the Flowers of Zinc ſeemed evidently to take off the ſpaſm of the lungs and to ſtrengthen her weak and relaxed conſtitution; and conſidering her age and the long continuance of her complaint, the cure was performed in a ſhorter time than one could have expected. During her recovery ſhe had her better and worſe days, and, like all old Aſthmatics, was very ſenſible of the influence of the weather.

## CASE XVII.

*The Convulſive Aſthma, with an enlargement of the abdomen, following the Meaſles, cured by the* Flowers *of* Zinc *and* Calomel.

I Was deſired, December 14, to attend Maſter *B*— three years of age, of a tolerably good conſtitution, who had had the meaſles ſome weeks ago, which had left a violent ſtuffing in his breaſt, with a cough and difficulty of breathing. His difficulty of breathing now comes on ſuddenly in an evening, and is followed by a troubleſome cough. The fit laſts five or ſix hours, and the little ſleep which he gets in the night is very troubleſome, attended with mourning and conſtant wheezing. His appetite

appetite is bad, belly bound and conſiderably ſwelled, pulſe quick and irregular, but not very weak. Yeſterday I adviſed three leeches to be ſet on the calf of his leg, and they bled freely for an hour.

*Sumat mane & veſpere pulverem ex Florum Zinci granis duobus, & gummi Arabici granis tres, & ſuperbibat miſturæ ſalinæ unciam dimidiam.* *

*Capiat pro re nata mannæ optimæ drachmas tres.*

The 18th. The powder agreed well with his ſtomach, though now and then it occaſioned a little ſickneſs. His cough, ſtuffing in his breaſt, and difficulty of breathing are materially better, but the manna, given in a little tea, did not open his body till he took it three times a day. His belly ſtill continues large and ſwelled.

*Repetantur remedia, & ſumantur bis die mannæ drachmæ tres.*

The 21ſt. His cough, ſtuffing in his breaſt, and difficulty of breathing are almoſt well, and he ſleeps ſound in the night without any mourning or wheezing. His pulſe is ſlower and more

* R. Salis abſinthii ſcrupulos duos,
Succi limonum quantum ſatis,
Emulſionis communis uncias duas cum ſemiſſe,
Aquæ cinnamomi ſpirituoſæ unciam dimidiam,
Syrupi balſamici drachmam unam. M.

more regular; his appetite is ſomewhat better; but the largeneſs and ſwelling of his belly continues.

The 25th. The ſtuffing in his breaſt and aſthmatic fits are entirely removed, but his belly continues large and hard.

R. *Mercurii dulcis, ſexies ſublimati, granum unum, ſaccharri albi grana quinque. Miſce fiat pulvis omni nocte hora ſomni ſumendus.*

R. *Olei olivarum optimi,*
*Syrupi e meconio, ſingulorum, unciam dimidiam. Miſce ſumat omni mane cochlearia duo parva.*

*Omittantur alia remedia.*

The 30th. The powder agrees well with him. His belly is neither ſo hard, nor ſo much ſwelled, as it was; and he complains of no pain or griping in his bowels. He takes a little of his oil and ſyrup occaſionally, and, along with his powder, it anſwers the purpoſe of procuring him an eaſy ſtool.

January 3d and 6th. He has taken the powder regularly, with now and then a little of his oil and ſyrup, and the ſwelling and

hardneſs of his belly is entirely removed, and he has no return of his cough and difficulty of breathing. He looks much better in the face, his appetite is improved, and he is more active and lively.

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It is evident in this caſe, that the meaſles had injured the lungs in a high degree. It frequently happens among different ranks of people, that the meaſles are much neglected, and the inflammatory ſtate of the lungs is ſuffered to take its natural courſe, which cauſes pulmonary obſtructions, and lays the foundation for Aſthmas and conſumptions. Timely bleeding, along with the cool regimen, it is well known, would in a great meaſure prevent thoſe dangerous conſequences of the meaſles, and ſave many valuable lives. In this child's diſorder, proper bleedings had, through the mother's timidity and the child's apparent weakneſs, been omitted; and therefore his lungs were become very much obſtructed and diſeaſed, which had laid the foundation for the above complaint. To remove his Aſthma, leeches, manna, and the Flowers of Zinc were preſcribed, and they had the deſired effect. The time of bleeding after the leeches dropt off, was limited to one hour, which was proportioned

portioned to the child's ſtrength, and is in theſe caſes the ſafeſt and moſt certain way of proceeding. It is in general very wrong in the diſorders of children to allow them to bleed till the diſcharge of blood ſtops of itſelf. I have ſeen much miſchief ariſe from this inaccurate mode of practice, by taking away a greater quantity of blood than was requiſite, ſo as to induce a dangerous weakneſs from too great emptineſs of the blood-veſſels.

The Flowers of Zinc agreed well with this child. The manna was repeated twice or thrice a day till it had procured a few eaſy ſtools, which is in general the beſt way of giving opening phyſic to children; for ſome will require a double quantity to move them, and others not above one quarter of the uſual doſe.

When the Aſthma was cured, the body of the child ſtill remained hard and ſwelled, which ſeemed probably to ariſe from ſome internal obſtruction, along with a quantity of ſlime and wind in the bowels; for the removal of which a few powders were ordered, each of them containing a grain of calomel. During the time of uſing this excellent deobſtruent medicine, the child was kept in as pure an air as poſſible, and

his diet was carefully regulated by his mother according to my directions. The oil and ſyrup was given with a view to prevent pains in the bowels, which, in ſome caſes, attend the uſe of calomel.

## CASE XVIII.

*The Convulſive Aſthma, in a child eight months old, following the Meaſles, cured by the* Flowers *of* Zinc *and* Tinctura Thebaica.

A Child of Mr. ——, eight months old, February 6th, appears full in the face, high colored, bloated, and ſwelled; but her limbs and other muſcular parts are conſiderably waſted and ſmaller than they were. She had the meaſles about three months ago, and has been troubled with a cough and aſthmatical complaint ever ſince. The fits are ſhort, laſting only a quarter of an hour, but they recur frequently, particularly in the night, and her difficulty of breathing is then very ſevere, attended with much wheezing and rattling of phlegm in her throat. Her body is bound, ſkin ſoft, pulſe quick, and ſhe is feveriſh in an evening. In conſequence of the frequency of her fits, her nights are extremely reſtleſs and diſturbed, and

ſhe

ſhe is obliged to have her head laid very high. She did not ſuck above ſix or ſeven weeks. She was then weaned and brought up with the ſpoon. Her mother finds that ſhe breathes the worſt when kept cloſe and warm.

*Hirudo cruri applicetur.*

R. *Florum Zinci granum unum,*
*Saccharri albi grana quinque.*
*Miſce, fiat pulvis, bis die ſumendus.*

R. *Olei Ricini,*
*Syrupi Violarum, utriuſque, unciam dimidium,*
*Miſce, ſumat drachmam unam bis terve in diem.*

The 10th. She was bled with the leech as directed, and the diſcharge of blood was continued for an hour. The oil and ſyrup keep her body open. Her fits of difficult breathing are ſtill very violent. She was ſick and vomited the firſt doſe of her powder, but the reſt have agreed well with her. Her ſtomach was foul, and ſhe threw up much viſcid matter. Her ſleep and appetite are very bad.—Her face is not quite ſo full and florid as it was.

*Hirudo cruri applicetur.*
*Continuentur remedia, antea præſcripta.*

R.

℞. *Aquæ fontanæ drachmas quinque,*
*Syrupi Mororum drachmas duas,*
*Aquæ cinnamomi ſpirituoſæ drachmam unam,*
*Tincturæ thebaicæ guttas ſex.*
*Fiat miſtura, cujus capiat drachmas duas*
*omni nocte, hora decubitus.*

The 14th. Her breathing is ſomewhat eaſier, and her aſthmatic fits leſs violent. Her pulſe is 162, her face red and ſwelled, and her cough troubleſome at times. The leech bled freely; and her body continues open with the laxative ſyrup, but ſhe begins now to refuſe it.

*Omni nocte ſumat pro dosi miſturæ anodynæ drachmas tres.*

*Omittatur miſtura oleoſa, & ſumantur pro re nata mannæ optimæ drachmæ duo.*

The 18th. Her aſthmatic fits are both leſs frequent and leſs violent, ſo that her difficulty of breathing and rattling of phlegm in her throat are conſiderably abated. She took two tea-ſpoonfuls of the anodyne mixture, and reſted better in the night. Her cough ſtill continues troubleſome, but it is eaſier than it was. Her appetite is improved, and ſhe is ſomewhat ſtronger. Her body is regular with the manna, and ſhe is not ſick with her powder.

The

The 23d. She continued the uſe of the medicines above-mentioned for about ſix weeks longer, and found great relief from them. The doſe of the anodyne was increaſed gradually to four drams; half a grain of the Flowers of Zinc was added to the powder; and the laxative was continued regularly as directed. In conſequence of a ſteady perſeverance in thoſe remedies, the cough, wheezing, ſtuffing in her breaſt, and frequent ſudden returns of difficult and laborious reſpiration, along with that red ſwelled bloated appearance in her face, gradually went off. Her legs, thighs, arms, and body grew more firm and fleſhy. She ſlept well in the night; her appetite was good; and ſhe recovered her ſtrength, activity, and livelineſs.—About a year after I ſaw her again. She had continued well, and was a ſtrong healthy girl.

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The appearance of this child was very much againſt her. Her face was ſwelled, her cheeks bloated and high-colored, altho' the muſcular fleſh of her limbs and body was waſted, and felt extremely looſe. Such an appearance as this evidently ſhewed, that the general circulation of the blood was not free, and that

that the return of the blood from the head was greatly interrupted, in conſequence of the diſeaſe of the lungs. At the ſame time the diſtribution of the blood to the extremities and trunk of the body was imperfect, and of courſe the nouriſhment of thoſe parts defective. This child had had the meaſles ſome months ago, which had left obſtructions in the lungs, attended frequently with feveriſh ſymptoms in the night. On thoſe complaints, the ſpaſms of the lungs ſupervened. For the treatment of the diſeaſe, we refer to the caſe, and ſhall only juſt obſerve, that heat was particularly hurtful to this child, that ſhe was always the eaſieſt in the cool air, and that her ſtays and bandages were found very tight about her, ſo as greatly to obſtruct reſpiration. How far this laſt cauſe, and the early weaning of the child, may have contributed to bring on the diſorder of her lungs, it is not eaſy to determine. As ſhe grew better, the ſwelling and fulneſs of her face ſubſided, her color became much leſs florid, and her extremities grew firmer and more fleſhy.

## CASE XIX.

*The Convulſive Aſthma, complicated with the Humoral Aſthma and Chronic Weakneſs, cured by the* Flowers *of* Zinc.

MRS. —— aged 40, November 19, of a dark complexion, and thin habit of body, is troubled with a cough, ſtuffing in her breaſt, and ſudden difficulty of breathing, particularly when ſhe wakes in the night, at which time, being very much oppreſſed, ſhe is obliged to ſit up in bed, and gets no eaſe till ſhe ſpits up ſome phlegm. Thirſt. Bad appetite. Copious but difficult expectoration. She has had four miſcarriages and ſeven children, the laſt of which was born four months ago, and ſhe has never been well ſince. She has had no return of the menſes after her delivery. Let the child be weaned.

R. *Florum Zinci drachmam unam,*
*Speciei aromaticæ ſcrupulos duos,*
*Syrupi Balſamici q. ſ.*

*Fiat maſſa, in pilulas* XXX *dividenda, quarum ſumat duas mane & veſpere, & ſuperbibat cochlearia tres Miſturæ Cardiacæ.* *



* Vide page 178.

*Capiat hora ſomni hauſtum anodynum cum tinctura thebaicæ guttis viginti; necnon mane pro re nata, quando conſtipatio alvi adſit, rhei pulveris grana decem.*

On the 26th ſhe was much better, and in three weeks after ſhe was perfectly free from her aſthmatical complaint. Her bodily ſtrength too, and the complexion of her ſkin were much improved.

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I ſhall only juſt take notice here of the number of children and miſcarriages which this Lady had had, and the ſubſequent reduced ſtate of her conſtitution. I found likewiſe on inquiry, that, contrary to the preſent improved practice in midwifery, ſhe had been accuſtomed to be kept very hot during her lyings-in, and to be very liberal in the uſe of cordials and ſpirits, and by thoſe means was expoſed to two very powerful cauſes of the Aſthma,—— exceſſive heat and ſtrong liquors. She was likewiſe in the habit of giving ſuck to her own children, which, beſides having the bad effect of injuring their health and of rendering them weak and fretful, is very fatiguing and diſtreſſing to a Lady of a delicate relaxed conſtitution. When I ſaw her, it was neceſſary for her immediately

mediately to wean the child or to provide a wet nurſe for it, otherwiſe that ſingle cauſe of general debility continuing to act, would probably have defeated all our beſt efforts to cure her. The cordial mixture, tinctura thebaica, Zinc pills, and rhubarb, had a very good effect, in removing the ſpaſms of her lungs, and in ſtrengthening her general habit of body.*

## CASE XX.

*The Convulſive Aſthma, complicated with Chronic Weakneſs and Rheumatiſm in the Head, cured by the* Flowers *of* Zinc.

*JAMES KITSON*, aged 28, admitted at the York County-Hoſpital, December 31, 1781, is ſubject to violent pains and ſudden ſtoppages in his breaſt, ſo that he can hardly get his breath, followed by a cough and ſpitting. This complaint is of ſix months ſtanding. He is pale, thin, and troubled with ſevere head-achs. His ſhortneſs of breath is the worſt when in bed, though it now and then attacks him ſeverely in the day-time. He has a raſh about his ſtomach which itches much. Pulſe



* Vide Treatiſe on Chronic Weakneſs, where the regimen of lying-in women is fully conſidered.

weak. Thirſt. Coſtiveneſs. Cold ſweats in the night. The pain in his head (which ſeems to be rheumatic) is ſometimes very violent, extending to his ears, and renders him unable to move his head. His appetite is bad, water-gruel and broth forming the chief part of his diet.——For thoſe complaints he had *unciæ quatuor miſturæ purgantis, pilulæ ex Floribus Zinci tres mane ac veſpere, & unciæ duo ter die decocti mucilaginoſi cum julepo e camphora.*

January 3d. His head-ach is very ſevere, but his cough and aſthma are rather better. He had five ſtools with the phyſic.

*Sumat bis die Florum Zinci grana duodecim in conſervæ abſinthii drachma una, & ſuperbibat miſturæ ſpiritus Mindereri cum julepo e camphora unciis duas.*

*Capiat mane hauſtus ſenæ purgantis unciæ quatuor.*

The 7th. The pain in his head and ears is eaſier, his Aſthma much better, appetite improved, good nights, no ſtool with the phyſic.

*Continuentur bolus & miſtura, & repetatur cras mane hauſtus ſenæ purgans, addendo*

*Mercurii dulcis ſublimati grana quatuor,*
*Rhei radicis pulveratæ grana ſex.*

The

The 10th. The phyſic anſwered well. He has no cough or difficulty of breathing, but ſtill has an eruption on his ſtomach, and likewiſe on his arms, neck, and head.—For thoſe complaints, as well as for ſome continuance of the head-ach, he had an emetic, the ſolutive electuary with rhubarb, and a warm decoction of the bark; and on the 15th of February he was free from complaint, except ſome remains of languor and weakneſs. Let him be diſmiſſed.

## CASE XXI.

*The Convulſive Aſthma, in a child five months old, cured by the* Flowers *of* Zinc *and an* Antimonial Vomit.

JAMES CUDDY, aged five months, admitted at the York County-Hoſpital, November 4, 1782, has had a troubleſome cough for three weeks paſt, and breathes very ill, particularly in the night. His difficulty of breathing is ſo violent whenever he wakes, that he throws his head back as if he were going to expire in a fit. He was bled with a leech yeſterday. His body is looſe; his pulſe cannot be felt; his cough ſtrains him and forces away his ſtools. He is ſick and ſometimes reaches with

with his cough, but generally ſwallows the phlegm which he gets up. His cough is frequently ſo violent that it reſembles the hooping-cough, and makes him turn black in the face. His nights are very reſtleſs, for he never ſleeps above 15 or 20 minutes at a time. He is very hoarſe, and ſcarce able to cry ſo as to be heard.

*Sumat bis die pulverem ex Florum Zinci granis duobus & ſaccharri albi granis quinque.*

R. *Syrupi balſamici,*
*Syrupi limonum, ſingulorum, drachmas ſex,*
*Mucilaginis gummi Arabici ſeſquiunciam.*

*Miſce. Doſis cachlearia duo parva, ſæpe in diem ſumenda.*

The 7th. The medicines agree, and the child is conſiderably better.

*Repetantur remedia.*

The 11th. He continues to recover. He is not ſick with his medicines. The fits of difficult breathing, or (to uſe his mother's phraſe) his choking fits, are entirely removed. His cough ſtill continues ſevere, and he gets up ſome phlegm, but ſwallows it. Body regular. Nights eaſier. Hoarſeneſs continues.

*Repetatur Pulvis & Syrupus mucilaginoſus.*

R. *Tartari*

R. *Tartari Emetici granum unum,*
*Aquæ fontanæ drachmas decem,*
*Syrupi mororum unciam dimidiam,*
*Aquæ Cinnamomi ſpirituoſæ drachmas duas.*
*Fiat miſtura, cujus capiat cochlearium unum parvum omni ſemihora ad quartam vicem, niſi prius vomitus ciatur vel alvus ſoluta ſit.*

The 18th. Two tea-ſpoonfuls of the tartar emetic mixture made him very ſick, and he vomited freely, and was much relieved by it. He has very little cough or ſhortneſs of breath, ſucks well, but was reſtleſs in the night, and is rather hot and feveriſh to-day. He has been much leſs troubled with phlegm ſince he took the antimonial vomit. His pulſe is moderate, and diſtinctly to be felt. He has two or three ſtools a-day, is aſleep now, and breathes well.

*Continuetur Pulvis & Syrupus mucilaginoſus, & repetatur cras mane Miſtura Antimonialis.*

The 25th. He vomited freely with three tea-ſpoonfuls of the tartar emetic mixture. No feveriſhneſs, appetite good, ſleep natural, he can breathe well, has no return of his aſthmatic fits, looks clear and lively in the face and eyes. He has a trifling cough remaining, but it is almoſt entirely gone. Let him be diſmiſſed.

CASE

## CASE XXII.

*The Convulsive Asthma, following the Influenza, cured by the* Flowers *of* Zinc.

MR. ——, aged 40, October 1, had lately the influenza, and the cough continues with a stuffing and difficulty of breathing, so violent at times, that he frequently cannot bear to lye down in bed at nights, but is obliged to rise and sit up. His asthmatic fit comes on suddenly about two or thee o'clock in the morning, and continues for an hour or two; then leaves him, and he falls asleep. When he wakes again in the morning he has a return of his difficulty of breathing, equally severe; and sometimes he is attacked with it during the course of the day. In the fit, his cough is troublesome, and, towards the end of it, he discharges a good deal of phlegm. At other times his breathing, as at present, is tolerably free and easy. His face has a livid blackish appearance, and his lips are of a deeper red than natural. His pulse is not week but rather quick. His voice is not so clear as usual. Belly regular. Legs swell towards evening. Habit of body neither thin nor corpulent. His complaint is of three months standing, and

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at firſt aroſe chiefly from the influenza, but he had before been ſubject to ſlight attacks of the Aſthma from cold.

*Mittatur ſanguis ad uncias decem.*

*Sumat alterno mane electarii ſolutivi drachmam unam* *.

R. *Florum Zinci drachmam unam cum ſemiſſe,*
*Extracti glycyrrhizæ drachmam unam,*
*Syrupi balſamici q. ſ.*

*Miſce, fiant pilulæ triginta, quarum æger ſumat duas vel tres ter die, & ſuperbibat julepi menthæ uncias duas.*

The 8th. The ſymptoms are rather eaſier. His laxative did not anſwer.

*Sumat pilulas quatuor Zinci ter die.*

*Capiat omni mane vel nocte olei olivarum unciam dimidiam.*

*Repetatur electarium ſolutivum, addendo*
*Rhei pulveris,*
*Pulveris jalapii, ſingulorum, ſemidrachmam.*

The 12th. He was much better laſt night than he has been for ſeveral weeks paſt. He was ſick with his powder but did not vomit. The ſwelling of his legs is diminiſhed. His



* Vide page 205.

face has leſs of that dark livid appearance. His cough and ſpitting—ſtuffing, oppreſſion at his breaſt, and difficulty of breathing—are conſiderably better. His body is open with the oil and electuary, pulſe 65, voice clearer, appetite good.

*Repetantur remedia, ſed capiantur ſolummodo pilulæ tres pro doſi.*

The 22d. He continues to recover.

The 28th. He is materially better ſince the laſt report. He coughs ſometimes, but his ſtuffing and aſthmatic fits are almoſt gone, returning but ſeldom, and continuing only a few minutes, or at moſt a quarter of an hour. His ſpitting is leſs, and the phlegm comes up eaſily. He has no pain in his breaſt, his appetite is good, and he has one or two ſtools every day.

*Omittantur pilulæ Zinci.*

*Repetatur electarium ſolutivum.*

R. *Infuſi Corticis Peruviani uncias duas,* *
*Pulveris Corticis Peruviani ſcrupulum unum.*
*Fiat hauſtus ter die ſumendus.*

November

* Vide note at page 174.

November 24th. He continued thoſe medicines regularly for ſome weeks, and they agreed well with him, except that now and then they cauſed a little ſickneſs. He takes a tea-ſpoonful of his opening electuary once in two or three days and his oil every day, which keep his body regular. He had, within this laſt month, a few ſlight returns of his Aſthma, but they grew leſs and leſs, and on the 18th of December he had no complaint except a trifling cough. He is able to uſe exerciſe freely, and feels himſelf ſtronger. He has recovered his natural complexion, has a good appetite and eaſy nights.

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The aſthma of this Gentleman originated chiefly from the influenza in the ſummer of the year 1781. At York and its environs, the influenza for the moſt part was a mild diſeaſe, requiring little more by way of medical treatment than pectorals, demulcents, or gentle ſtimulants. In ſome caſes, however, it was very violent, and was attended with ſymptoms of pulmonary inflammation, ſuch as an acute inflammatory fever, a violent inceſſant cough, ſevere pains in the head and breaſt, great ſtuffing and conſtant difficulty of breathing. In thoſe caſes a proper medical treatment was of

the higheſt importance, and, from the want of it, many dreadful conſequences enſued, particularly tubercles of the lungs, and pulmonary conſumptions. Thoſe bad effects were moſt frequent to ſuch as had narrow cheſts, weak lungs and a delicate fibre, or had been formerly ſubject to frequent catarrhs or any other pulmonary complaint; but ſometimes they took place in ſtrong, robuſt, plethoric conſtitutions. The remedies which I found the moſt ſucceſsful in thoſe ſevere caſes of this highly infectious diſorder, were blood-letting, emetics, laxatives, bliſters, antimonials, particularly tartar emetic, along with a low diet, ſmall diluents, and other articles of the cooling regimen. Thoſe remedies, timely and judiciouſly employed, took off the inflammatory ſtate of the diſeaſe, prevented pulmonary obſtructions, aſthmas, and other dreadful maladies. Afterwards the bark, along with country air and exerciſe, reſtored the tone of the ſyſtem, and compleated the cure.

Mr. —— having been formerly ſubject to an aſthma in a ſlight degree, and afterwards neglecting proper medical aſſiſtance in the influenza, was ſeized with a return of his aſthma in a very alarming manner, in conſequence of which the circulation of the blood through the lungs was

was greatly interrupted, as was evident from the difficult lying, the livid blackiſh appearance of his face, and deep unnatural redneſs of his lips. It is a melancholy reflection, and can never be too frequently or too ſtrongly inforced, that notwithſtanding ſuch incredible numbers die every day of aſthmas and pulmonary conſumptions *, many ſhould ſtill be ſo inattentive to diſorders of the lungs at their commencement, when, by proper remedies and a ſuitable plan of life, a radical cure might eaſily be obtained. Nothing is more common than for an influenza, or a ſevere catarrh, in conſequence of the neglect of proper treatment, to lay the foundation of the moſt obſtinate pulmonary complaints. Afterwards the ſame perſons, when they are harraſſed day and night with violent incurable aſthmas, would ſpare no labor or expence nor murmur at any kind of reſtraint, under the hopes of obtaining relief; but then unfortunately it is too late, and nothing but vain hopes remain to comfort them for a while, till the flattering deluſion is over, and they find it neceſſary to ſit down as contentedly as they can with their diſorder for life, reflecting often with regret on thoſe errors of their conduct, by which

* Vide the Bills of Mortality.

which ſo much real miſery has been brought upon themſelves.—This gentleman's caſe, tho' a very alarming one, was ſucceſsfully cured by the plan of treatment which was adopted.

With this remark I conclude the Zinc Caſes, after the peruſal of which every unprejudiced reader will, I hope, agree with me in thinking, that the Calx or Flowers of Zinc is an uſeful and efficacious remedy in the aſthma. As this remedy is not yet in general practice, and as ſome, but little acquainted with its operation, have not allowed it the virtues which it undoubtedly poſſeſſes, it will not, I flatter myſelf, be thought that I have given too many caſes in proof of its utility, or made too many obſervations on its effects. I find indeed, among my notes, many other dangerous and critical caſes of the aſthma, in which the Flowers of Zinc have been employed with ſucceſs, but I ſhould not wiſh to encroach too much on the patience of my readers. If I have only related a ſufficient number to procure the medicine a fair trial, it will need no further recommendation from me; for it will often be found to ſucceed in ſevere and obſtinate caſes of the Aſthma, which will not yield either ſo certainly

or ſo ſpeedily to other medicines now in practice.

As Zinc is perfectly ſafe, and at the ſame time ſufficiently powerful in its operation, its value is greatly increaſed. Its action upon the ſtomach is very conſiderable. Sometimes indeed a moderate doſe of it excites nauſea, or even vomiting. We have ſeen in the above caſes, that a very few grains have produced that effect on ſome, and that others could bear a large quantity.

If any Gentleman, from one or two unſucceſsful trials of it in epilepſy, is, after what has been ſaid, ſtill doubtful of the power of its operation in aſthmatical diſorders, I ſhould only requeſt of that Gentleman to attend to the following particulars;—firſt, that his Zinc be pure and free from adventitious admixtures;—and ſecondly, that the calcination of it be perfect, and there be none of the Zinc in its metalline form;—and then I doubt not but he will very ſoon have cauſe to change his opinion. Indeed I have more than once found this remedy ſo active in its operation, that ſome very irritable ſtomachs, even in adults, could not bear above two grains of it in any form. Ablution, or waſhing

waſhing in water, will eaſily ſeparate the uncalcined from the calcined Zinc; and the latter, being lighter, may be poured off among the water as ſoon as the other is ſunk to the bottom. Afterwards the calcined part or flowers, being ſpecifically heavier than water, will gradually ſubſide, and, the water being poured off, they may be dried for uſe. This operation is neceſſary where the Zinc is imperfectly calcined, otherwiſe a very dirty metalline ſediment will, if the medicine be given in a liquid form, ſeparate and fall to the bottom.

We have ſeen in the foregoing caſes, that ſome patients, who were very ill of the Aſthma, were ſpeedily cured by the Flowers of Zinc, and that others required a longer time before the diſeaſe was ſubdued. My rule of practice, in all old and obſtinate caſes, was this.—If I gained ground, although it was but ſlowly, I was content to perſevere in the uſe of the remedy, till I had either entirely, or in great meaſure removed the diſeaſe.—But if, after a fair trial, I found no benefit accrue from it, as muſt ſometimes happen to all remedies given in this diſorder, I then endeavored to ſatisfy myſelf, as well as my patient, with the employment of others.

We

We have frequently had occaſion to mention in the foregoing caſes, that Zinc, in its effects, is antiſpaſmodic, expectorant, and ſtrengthening. With regard to the mode of its operation, it may not be improper here to remark, that as it is readily ſoluble in acids, both vegetable and mineral,* the acid of the ſtomach will frequently act upon it, as it does upon James's powder, liver of antimony, and ſeveral other remedies of a metalline nature. This too may be one reaſon why the operation of Zinc is ſo much more active and powerful in ſome conſtitutions than in others, in proportion as the acid of the ſtomach is ſtronger or in greater quantity. Hence too we ſee the neceſſity of beginning with ſmall doſes in weak irritable habits, and eſpecially where we have reaſon to expect acidities in the firſt paſſages. Without attention to this particular, the action of the remedy will ſometimes be too ſtrong. Experience alone can aſcertain this point; and, in all dubious caſes, we ſhould begin with a doſe of two or three grains, and gradually increaſe it according to its effects. Sometimes a firſt doſe of Zinc will create ſickneſs or even vomiting, and the ſucceeding ones, after the ſtomach is cleared, will ſtay very eaſily and give great



* Vid. Dictionaire de Chymie.

relief. But if Zinc ſhould conſtantly create ſickneſs, we muſt diminiſh the doſe, otherwiſe the patient will ſoon be obliged to deſiſt from the uſe of it. The form of pills, when they can be ſwallowed without difficulty, is in general the moſt agreeable to the palate, and ſits lighteſt upon the ſtomach, eſpecially if a doſe of a cordial ſtomachic medicine is taken immediately after them, which is grateful to the patient, and correſpondent in its operation to that of Zinc. But when pills (any more than boluſes or electuaries) cannot be ſwallowed with eaſe, which is ſometimes the caſe in aſthmatical diſorders, the remedy muſt be given in a liquid form,

PART

# PART III.

# CASES of ASTHMA,

## CURED or RELIEVED

### BY THE USE OF

## SQUILLS, CREAM of TARTAR, MERCURY, and BLOOD-LETTING.

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### CASE XXIII.

*The Convulsive Asthma, complicated with a Dropsy of the breast, following an inflammation of the lungs, in which* dried Squills *were employed with success.*

*WILLIAM SILVER*, of middle age and an emaciated habit of body, admitted at the York County-Hospital on the 20th day of January, 1777, has had a violent inflammation of his lungs some months ago, followed by a dropsy of the breast, in which

he felt the water diſtinctly move within him. He complains at preſent of a cough with great oppreſſion and difficulty of breathing, which ſymptoms attack him on a ſudden, particularly after his firſt ſleep and after exerciſe or any quick motion, and continue frequently for an hour or longer. He complains too of rheumatic ſtitches in different parts of his body. His urine is in ſmaller quantity than natural. Pulſe quick, weak and irregular; expectoration difficult and ſcanty; thirſt great; appetite but indifferent; body not bound. His complaints are of ten months ſtanding.

*Capiat ter die Pilulas Scilliticas tres, & ſuperbibat miſturæ ſalinæ uncias duas.*

The 27th. His medicines cauſe no ſickneſs. He makes water more plentifully. His cough, load and anxiety in his breaſt, and ſudden attacks of laborious reſpiration, are rather leſs violent, and he ſpits more freely.

February 6th. His aſthmatic fits are leſs frequent and leſs ſevere. His thirſt is moderate; appetite better; pulſe ſtronger; body open; and rheumatic pains much eaſier.

The 13th and 27th. He continues to recover.

March

March 6th. No complaint. Let him be diſmiſſed.

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This man had a complicated diſorder of an aſthma and dropſy in his breaſt, after an inflammation of his lungs. Diſſections have fully proved, that water in the cavity of the cheſt is a frequent conſequence of inflammation*. He had not only the uſual ſymptoms of the hydrothorax or dropſy of the breaſt, but he had a diſtinct ſenſation of a fluctuation of water within him †. Dr. Cullen, in his definition of the hydrothorax, has, with his uſual accuracy, taken particular notice of this ſymptom—*aqua in pectore fluctuans.* ‡

Rheumatic ſtitches, in different parts of his body, ſucceeded the inflammation of his lungs, which I conſidered as a favorable circumſtance, for nothing is more common than for a firſt inflammation to ſubſide after the commencement of a ſecond. This man had been in the utmoſt danger of his life from the inflammation of his lungs, but had juſt had ſtrength enough to ſtruggle

* Morgagn. de Cauſ. & Sed. Morb.

† Vide page 23, where we have given the diſtinction between the aſthma and the dropſy of the breaſt.

‡ Vide Cullen's Synopſis.

ſtruggle through it. When I ſaw him, his conſtitution was very much reduced, and nothing then remained but to aſſiſt the operations of nature in promoting a gentle diſcharge by urine and expectoration; for which purpoſe the dried ſquills, along with a ſaline mixture, ſeemed evidently indicated, and their operation did not diſappoint me. Any of the more violent evacuations, ſuch as bleeding, purging, or ſweating, would have greatly interrupted the ſalutary efforts of nature, and in all probability have ſunk his ſtrength, and conſequently have been very pernicious to him.

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## CASE XXIV.

*The Convulſive Aſthma, complicated with the Humoral Aſthma, Chronic Weakneſs and univerſal Dropſical Swellings, relieved by the* Vinegar *and* Oxymel *of* Squills; — *together with an account of the diſeaſe of John Strickney, who died and was opened.*

EASTER SMITH, aged 50, admitted at the York County-Hoſpital, May 21, 1781, of low ſtature and florid complexion, appearing rather full in the face, complains of a cough and ſpitting, attended with great difficulty

culty of breathing, which comes on ſuddenly, particularly in the night about twelve or one o'clock. Her aſthmatic fit is preceded by a working in her bowels that continues for an hour or longer. She has been troubled with her preſent complaint at different times for nine years, but has been very ill of it ſince laſt December. She is often feveriſh, and has a pain in her back, with hot fits in the night, during which ſhe ſweats conſiderably. Her body ſwells in a morning. Her legs and thighs are ſomewhat waſted but ſwell towards evening. Her pulſe is low and weak; body coſtive; menſes regular, but in ſmall quantities. By my direction, at the Diſpenſary, ſhe took at twice a powder conſiſting of *Florum Zinci grana decem & rhei pulveris grana quindecim*, which gave her ſeveral ſtools without any ſickneſs, and relieved the uneaſineſs both in her breaſt and ſtomach.

R. *Aceti Scillitici uncias tres,*
*Oxymellis Scillitici uncias duas. Miſce.*
*Sumat ex quovis vehiculo unciam dimidiam ter die,*

*Capiat, ſi opus ſit, pilularum Ruſi tres vel quatuor.*

The 24th. She complains that her medicines are too ſour and ſharp for her, and produce ſickneſs and griping. Her face to-day looks pale

pale and phlegmatic. Her body is open without taking any of her laxative pills. Her difficulty of breathing and other aſthmatical ſymptoms are eaſier.

*Repetatur miſtura, ſed capiantur ſolummodo drachmæ duæ pro doſi.*

The 28th. The weather is warm, the thermometer 65 in the ſhade. She is ſtill ſick in a morning with her mixture, and ſometimes throws up much phlegm, but can bear it in an evening without ſickneſs. Her pulſe is weak, and ſhe has generally one or two ſtools a day.

The 31ſt. She complains of being very hot and ſubject to ſweating both day and night. Her cough and difficulty of breathing are better, ſhe ſpits leſs and with greater eaſe. The thermometer is 70 in the ſhade.

June 7th. She can take four drams of her medicine at night without ſickneſs, but two drams of it makes her ſick in a morning faſting; and by coughing and reaching, ſhe gets up a conſiderable quantity of frothy yellowiſh well-digeſted phlegm, which is intermixed with ſome of a bluiſh dark color. Her body continues open.

The

The 11th. Her pulſe is weaker, and, for the laſt two or three days, ſhe has had each day ſeveral feveriſh attacks, preceded by coldneſs, and followed by heat and ſweating. She was very faint and low laſt night. Her cough is troubleſome; the weather rainy and cloudy; thermometer 58.

*Continuentur remedia.*

*Capiat julepi menthæ cum confectione cardiaca uncias duas in languoribus.*

The 18th and 25th. Her cough is better, but ſhrill and cloſe. Her cordial julep relieves her. The watery ſwellings of her body, legs, and thighs are greatly diminiſhed. She reſts better in the night, and is not ſo feveriſh and languid as ſhe was.

July 2d and 12th. She has little or no return of her cough and aſthma; looks well; appetite good; pulſe natural; body regular. Half an ounce of her ſquill mixture in the mint julep agrees well with her in a morning faſting, and produces no ſickneſs. Let her be diſmiſſed.

This is a caſe of the convulſive aſthma, complicated with the humoral. Her florid complexion, and the appearance of fulneſs in her face, might at firſt ſight have ſeemed to have indicated bleeding; but her pulſe being very ſmall and weak, forbid the uſe of the lancet, and more eſpecially as her diſorder had troubled her at times for nine years paſt. The young and unwary practitioner may eaſily be deceived by the appearances of the face in aſthmatical diſorders, in which, the circulation of the blood being much obſtructed, the cheeks often look red and bloated, particularly after any hurry or exerciſe, when there is no real fulneſs of blood in the conſtitution. Without attention to this fact, he will be ſurprized to find his patient the next morning appear in the face pale, thin, and fallen, when he had concluded her the day before to be full, high-colored, and plethoric. Hence when the pulſe and general habit of body does not correſpond with the appearances of the face, and the preſent ſymptoms are not very urgent, it is often prudent in dubious caſes to wait a day or two, or at leaſt to ſee the patient a ſecond time before blood-letting or any other evacuation is adviſed, leſt the ſalutary

ſalutary operations of nature ſhould be counteracted, which in many caſes would be highly dangerous.

This patient attended me at firſt at my Diſpenſary, and I gave her the Flowers of Zinc as an antiſpaſmodic, along with a laxative. Afterwards ſhe took the vinegar and oxymel of ſquills. As that remedy ſeemed perfectly adapted to the caſe, I was reſolved to give it in a full doſe; and accordingly the patient was ordered to take half an ounce of the mixture, three times a day. That quantity made her vomit before breakfaſt, but not in an evening, which is the caſe with moſt medicines which have that tendency. Vomiting for a few mornings, before ſhe got up, was of ſervice to her *, and afterwards I diminiſhed the morning doſe. By theſe means we kept her ſtomach clear and her body open, promoted expectoration, obviated ſpaſmodic conſtrictions of the lungs, and relieved all her aſthmatical ſymptoms.



* We frequently find, in aſthmatical diſorders, that a gentle puke given in a morning, an hour or two before the patient riſes, and repeated occaſionally, is very uſeful. This practice is now much in uſe.

When ſhe was very low, ſhe had a cordial julep, which not only revived her ſpirits, but proved a convenient vehicle for her ſquill-mixture, by means of which ſhe could take in a morning, without ſickneſs, the full doſe which was at firſt preſcribed. The opening pills were not uſed, as the ſquill-mixture rendered them unneceſſary. This patient made heavy complaints againſt her medicine, but, as ſhe was recovering, I recommended to her perſeverance in the uſe of it, and ſhe could have no juſt excuſe for not following my advice. On the 12th of July ſhe thought herſelf ſufficiently recovered to enter upon her uſual employments, and therefore was at her own requeſt diſmiſſed before the cure was quite compleated, although ſhe was much relieved, and by freſh air, gentle exerciſe, and a regular diet, would in all probability be very ſoon reſtored to perfect health.

As the caſe of JOHN STRICKNEY reſembled the foregoing in ſeveral particulars, both in the ſymptoms and method of treatment, it may not be unacceptable to the reader to have a ſhort account of it here, along with the appearances of his body after death.

JOHN

JOHN STRICKNEY, aged 60, admitted into the York County-Hoſpital, July 6, 1780, has an Aſthma, attended with continual ſtuffing in his breaſt, ſudden difficulties of breathing, a bad cough, a copious viſcid expectoration, ſevere pain in the ſmall of his back, and dropſical ſwellings of his legs, thighs, body, penis, and ſcrotum. There appears too, by an unuſual fulneſs and obſcure fluctuation, to be a little water contained in the cavity of the abdomen. His body is regular, pulſe low, urine in very ſmall quantity. He has no appetite, and feels himſelf very weak and heavily oppreſſed with his complaint. His nights are reſtleſs and diſturbed, but he can bear to lie down in bed. He has been long in a very diſeaſed ſtate of body, but lately the ſymptoms are much worſe and more alarming. His fleſh is waſted; his eyes are ſunk and heavy; his ſkin dry, foul and ſcurfy; his face ſallow, depreſſed, and melancholy *.—— 10th. His dropſical ſwellings and difficulty of breathing are worſe, and he grows weaker. Frequent ſickneſs at times. No appetite. Little urine. Body regular.—— 17th. The ſymptoms increaſe.——27th. He is weaker, and appears to be ſinking faſt.——

31ſt.

* The remedies which were given as palliatives, are mentioned among the remarks upon the caſe.

31ſt. He has been feveriſh for the laſt two or three nights. No appetite. No pain. Cough but trifling. Breathing very laborious. Dropſical ſwellings increaſed, and the wriſts of his hands ſwell and pit on preſſure.—Auguſt 3d. He is lethargic, and appears to be almoſt dead.

He died in a few hours after I left him. On the next day I deſired his body might be opened, and was preſent at the operation. In the abdomen there was a ſmall quantity of water, but all the abdominal viſcera were ſound. There was too a little water in the cheſt, and about three ounces in the pericardium. The lungs ſubſided as ſoon as the cheſt was opened, and appeared to be not much diſeaſed; and I did not perceive any obſtruction about the heart. We cut into the ſubſtance of the lungs, liver, &c. but found no ulcer, no internal obſtructions from effuſions of blood, nor any ſcirrhous hardneſſes *. As the head was not opened, we can ſay nothing with certainty of the appearances within the cranium; but from the

* My judicious and worthy Colleague, Dr. Swainſton, informed me, that in ſeveral cahectic patients which he had ſeen in the courſe of his practice, the appearances on diſſection were ſimilar to thoſe of the above-mentioned patient, and that there was no particular organic fault which he could obſerve.

the lethargy before death, and from diſſections in ſimilar caſes, think it highly probable that the brain would at laſt partake of the ſame general dropſical ſtate, and have ſomewhat more water than uſual within its ventricles.

The diſorder of John Strickney, as both Dr. Swainſton and myſelf expected, ended fatally. He had delayed too long before he applied for advice, ſo that his conſtitution was intirely ruined, and the time elapſed in which medicine might have afforded relief. At his own requeſt he was put on milk-diet, and by little additions of wine and light animal food, we endeavored to make it gently nouriſhing and reſtorative. As he voided but a ſmall quantity of water, the *miſtura ſcillitica & electarium cremoris tartari* were ordered as diuretics; but as the laſt might prove opening, he took only two or three drams of it twice a week, ſo that it ſeldom gave him more than an eaſy ſtool each day. Afterwards we tried bliſters to the calves of his legs, and a cordial mixture, along with bitters and the ſalt of tartar; but all was to no purpoſe.

Concerning the prognoſtic in this caſe, the following particulars are to be remarked, as denoting

denoting a fatal termination.—The age of the patient, and the duration of his diſorder—his great and conſtant obſtruction to reſpiration, as well as ſudden difficulties of breathing—ſevere pain in the ſmall of his back and ſcanty ſecretion of urine—general dropſical anaſarcous ſwellings of his feet, legs, thighs, body, membra virilia, and wriſts of his hands, all which parts pit on preſſure—the fulneſs and obſcure fluctuation within the abdomen—bad nights, total want of appetite, vomiting, waſting of fleſh and bodily weakneſs, foul dry ſkin, and pale ſallow countenance, with a dull heavy melancholy appearance in his eyes. His cough had formerly been very troubleſome, attended with a copious viſcid expectoration; but it grew weaker as his ſtrength failed him, and intirely left him a ſhort time before his death. Neither had he any pain for many days before he expired; although it was evident that his ſtrength was ſinking faſt, and that the general bodily anxiety, which accompanies thoſe complaints, was daily increaſing. Juſt before his departure he became feveriſh, and fell into an apoplectic ſtate.

There is nothing to add concerning the diſſection, but that one might have expected a greater and more manifeſt deſtruction of ſome one

one or other of the internal viſcera. The brain, when I firſt ſaw him, could not be very much affected with aqueous effuſions, as his ſenſes were clear and perfect, and he had no pain, weight, or giddineſs in his head. Neither was there ſufficient evidence of any fixed obſtruction about the heart or great veſſels; for tho' his pulſe was low, yet it was diſtinct and regular. On diſſection the ſame obſervation was found true, when applied to the lungs and abdominal viſcera. As, therefore, there was no ulcer, no fixed obſtruction from effuſions of blood, nor internal hardneſs or ſcirrhoſity in any of the viſcera, his death muſt be attributed in part to his aſthmatical complaint, and in part to a general want of tone, or (as it is commonly called at his time of life) a breaking up of the conſtitution, in conſequence of which an univerſal dropſy or anaſarca took place, or (in other words) a ſuperabundant quantity of water was exhaled into all the internal cavities, and into the cellular membrane in almoſt every part of the body. The conſtitution of this man gives one as perfect an idea of what ſome phyſicians have called a Cachexy, as almoſt any I ever attended.

## CASE XXV.

*The Convulſive Aſthma, complicated with ſevere Head-achs, and violent dropſical Swellings of the lower extremities, cured by* Cream *of* Tartar, *and the* Peruvian Bark.

ELLEN COOPER, aged 53, admitted at the York County-Hoſpital, June 7th, 1779, has a ſwelling of her feet, legs, and thighs, which feel very hard, and pit much on preſſure. The ſkin is not diſcolored, but it is tenſe and ſhining. She has had dropſical ſwellings of her lower extremities for five weeks. She complains heavily of head-ach and ſickneſs at her ſtomach. Her head indeed is ſometimes in ſuch extreme pain, that (to uſe her own expreſſion) ſhe thinks it will ſplit, and that ſhe ſhall leave part of it on the pillow. She wakes too every morning about four or five o'clock with a violent difficulty of breathing, which continues for an hour or two, and then leaves her. She has had no return of her menſes for ſome years paſt. Her belly is not ſwelled, cough moderate, expectoration ſcanty. She has frequently

quently a riſing of froth and water from her ſtomach, and is much troubled with wind. She has for ſome time paſt had a conſtant ſtuffing in her breaſt; but her aſthmatic fit, or ſudden ſhortneſs of breath, which comes upon her when ſhe wakes in a morning, began about the latter end of April, and has continued ever ſince. Pulſe natural, ſkin cool, body regular, and her conſtitution, though conſiderably reduced, is yet in tolerable condition.

*Capiat ter die miſturæ nitroſæ uncias tres.*

*Sumat bis ſeptimana Electarii Cremoris Tartari drachmam unam omni hora ad tertiam vicem.*

June 10th. Three tea-ſpoonfuls of the electuary gave her many watery ſtools. She is ſomewhat better of her head-ach and aſthmatical complaint, and her legs and thighs are rather leſs ſwelled.

*Repetatur ut antea miſtura & electarium, ſed capiatur ſolummodo electarii drachma una ad ſecundam vicem.*

The 14th and 17th. The ſwellings of her legs continue, but are rather leſs than they were. There is to-day a ſlight redneſs on her ancles, attended with an uneaſy prickling ſenſation. Her legs ſtill ſhine and pit, and her difficulty

of breathing is very troubleſome in a morning, but it is not ſo ſevere as it was. She took only two tea-ſpoonfuls of the electuary, and they gave her ſeveral ſtools. The pain in her head is leſs violent; and ſhe expectorates a little phlegm with tolerable eaſe.

The 24th. The ſymptoms are evidently abated. The ſwellings of her legs are much leſs, though her ancles ſtill continue ſomewhat redder than natural. The riſing of froth and water from her ſtomach is at times very troubleſome to her.

*Continuentur remedia, & capiantur bis die ſpiritus lavendulæ compoſiti guttæ quadraginta.*

The 28th. Her aſthmatical complaint and ſwelling of her legs abate. The right leg is redder than the left; but the left is more ſwelled than the right. She complains of ſickneſs from her electuary.

*Repetantur remedia.*

July 5th. She continues to recover. Says her complaints are always ſenſibly relieved by the electuary.

The 8th. The ſtuffing in her breaſt and aſthmatic fits in a morning ſtill continue, though leſs

leſs ſeverely. She expectorates more freely with her cough. The pain in her head, tho' better upon the whole, is ſometimes very bad.

The 15th. The weather is remarkably hot. She complains more to-day of head-ach and difficulty of breathing. Her legs are much better, and the redneſs of the ſkin abated.

The 18th. Her head-ach continues bad at nights. She is feveriſh and vomits her electuary. Her Aſthma, upon the whole, is much better, although at preſent it is troubleſome—and the ſwelling and redneſs of her legs is almoſt gone.

*Sumat ter die Decocti Corticis Peruviani uncias duas vel tres; & pro re nata, quando alvus aſtricta ſit, pilularum Ruſi duas.*

The 25th. Her ſhortneſs of breath has been gradually diminiſhing ſince ſhe began to take the decoction of bark, and is now materially better. Her appetite is improved, her ſtomach ſtronger, head-ach almoſt well, and the ſwelling of her legs ſcarcely perceptible.

Auguſt 2d. She continues to recover.

The

The 12th. She has no complaint except a little ſtiffneſs in her ancles. Let her be diſmiſſed.

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This is a caſe of the Aſthma, complicated with violent dropſical ſwellings of the feet, legs, and thighs, in which the ſkin was very tenſe and ſhining, and afterwards became inflamed in ſeveral parts, from the great diſtenſion which it underwent. A moſt ſevere headach, attended with ſickneſs and foulneſs at her ſtomach, was alſo added to her afflictions, along with a total ceſſation of the menſtrual diſcharge; the whole forming a combination of ſymptoms, which frequently preſents itſelf to the medical practitioner. Her conſtitution, however, was not greatly reduced by long continuance of her diſeaſe, nor by improper treatment.

I thought it, therefore, adviſeable to make trial of the cream of tartar electuary, which is ſtrongly recommended by very able phyſicians in dropſical caſes, as being both laxative and diuretic. At firſt ſhe took three tea-ſpoonfuls of it, allowing an hour between each tea-ſpoonful; but as that quantity operated too briſkly, ſhe afterwards took only two thirds of it,

it, which ſeemed to procure a few eaſy ſtools and anſwered very ſucceſsfully. By this medicine, along with a nitrous mixture, the ſuperabundant quantity of ſerous fluids in her conſtitution was gently evacuated, and her dropſical ſymptoms intirely removed, which evidently afforded relief to the complaint of her lungs, in which the cellular membrane in all probability was conſiderably diſtended with ſerum. The above opinion is confirmed by this conſideration, that the aſthma and continual ſtuffing in her breaſt were very troubleſome, although ſhe had but little cough or expectoration of phlegm.

When the dropſical ſwellings were removed, and the electuary was become diſagreeable to her, but ſome aſthmatical ſymptoms ſtill remained obſtinate, owing probably to the heat of ſummer, I gave her a decoction of the bark with the pil. Rufi,—the laſt to keep her body regular, and the firſt to take off the ſpaſm and irritability of the lungs, and to reſtore tone and vigor to her relaxed conſtitution, by which means the cure was ſoon compleated.

I need not add that the ceſſation of the menſtrual diſcharge, or what is commonly called

called the change of times, is a very critical period in a woman's life, or that ſome women are very ill at the firſt part of that change, and others not till the menſes have left them for two or three years. The complicated diſeaſe of this patient began at the latter end of April; I ſaw her firſt on the ſeventh of June; and ſhe was diſmiſſed from her attendance at the Hoſpital on the twelfth of Auguſt. I call the above facts to remembrance for the ſake of obſerving, that this diſorder began in a mild ſeaſon of the year, and increaſed as the warm weather advanced, which is not ſo common an occurrence as the reverſe, and ſhews the Aſthma to have been more purely of the nervous kind, although attended with dropſical ſymptoms.

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## CASE XXVI.

*The Convulſive Aſthma, complicated with a venereal ulcer in the noſe, cured by* Mercury *and the* Peruvian Bark.

MRS. ——, aged 33, May 25th, complains of a cough and difficulty of breathing, which ſymptoms attack her in a ſudden and violent manner. The convulſive affection

affection of her lungs abates generally in an hour or two, but leaves behind it a wheezing, ſtuffing, and conſtant obſtruction to reſpiration. Her face is pale and rather ſwelled. Her noſe on the right ſide is very red and inflamed externally; and there is a painful ulcer within, which diſcharges a thin matter, and has continued nearly in the ſame ſtate for many months. Her menſes and body are regular, appetite but indifferent, expectoration ſcanty, pulſe and heat both natural.

*Fiat fonticulus in brachio ſiniſtro.*

℞. *Corticis Peruviani pulveris unciam dimidiam,*
*Aquæ fontanæ libram unam.*
*Coque ad colaturæ uncias octo.*

℞. *Hujuſce decocti uncias duas,*
*Aquæ cinnamomi ſpirituoſæ drachmas duas.*
*Fiat hauſtus ter die ſumendus.*

June 1ſt and 9th. Symptoms continue the ſame.

*Repetatur hauſtus ut antea.*

℞. *Mercurii crudi drachmas duas,*
*Terebinthinæ argentoratenſis drachmam unam.*
*Optime terantur ſimul donec nullum argenti vivi veſtigium appareat; addendo, pro re nata, guttas aliquot olei terebinthinæ. Dein adde,*

*Extracti glycyrrhizæ mollis ſcrupulos ſex,*
*Pulveris glycyrrhizæ ſcrupulos octo.*
*Aqua fontana, ſi opus ſit, miſce, & fiat maſſa, in pilulas nonaginta dividenda. Sumat unam mane & veſpere.*

The 22d. The pills agree well with her, and ſhe finds that her cough and difficulty of breathing are leſs troubleſome, and the ulcer of her noſe ſomewhat better.

The 29th. Her cough and other aſthmatical ſymptoms are removed. The redneſs, pain, and ulcer of her noſe are diminiſhed. Body regular. She has a little ſoreneſs of her gums. Let the pills be omitted for a day or two, and then repeated as before.

July 4th. She has no ſoreneſs of her gums. Her noſe continues to heal. She complains that ſhe is looſe in her body, and has griping pains in her bowels.

*Omittatur hauſtus roberans.*
*Continuentur pilulæ mercuriales.*

R. *Julepi e creta unciam unam & dimidiam,*
*Tincturæ thebaicæ guttas ſeptem,*
*Aquæ cinnamomi ſpirituoſæ ſeſquidrachmam.*
*Fiat hauſtus ter die ſumendus.*

The

The 10th. She ſtill continues to be griped and purged, altho' ſhe has taken the aſtringent draught ſix times in twenty-four hours. She complains of cold and chill fits.

*Omittantur pilulæ & hauſtus.*

*Alternis noctibus Unguenti Cærulei Fortis drachma una & dimidia diligentiſſime fricetur ſuper femur vel crus per horæ ſpatium.*

R. *Aquæ menthæ vulgaris ſimplicis,*
*Aquæ menthæ piperitidis ſimplicis, utriuſque, uncias tres,*
*Confectionis cardiacæ drachmas duas,*
*Aquæ cinnamomi ſpirituoſæ drachmas ſex,*
*Spiritus lavendulæ compoſiti drachmas duas.*

*F. miſtura. Sumat æger unciam unam & dimidiam ter die, præcipue in languoribus & frigoribus.*

The 24th. She has rubbed herſelf carefully with the ointment as directed. She has no looſeneſs or griping. Her appetite is improved. Her gums are rather ſore. The complaint of her lungs has never returned, and her noſe is almoſt well.

Auguſt 12th. She has no complaint.

In this caſe the Aſthma was complicated with an ulcer of the noſe, which I ſuſpected to be venereal. After having ordered the bark as a tonic, and examined ſufficiently into the ſtate of her conſtitution and the nature of her complaints, I was ſoon reſolved, by the obſtinacy of the ſymptoms, to have recourſe to a mercurial pill. This I gave in a mild but moſt effectual form *, by which means the aſthmatical ſymptoms were ſoon removed, and the venereal ones much leſſened.

After having continued the mercurial pill for ſome time, it began to produce griping pains and looſe ſtools, which in weak bowels is a common effect of even the mildeſt mercurial, taken internally. To obviate this pernicious tendency, the tinctura thebaica was preſcribed, and its doſe gradually increaſed to a conſiderable length, but without any laſting good effect.

Not wiſhing to continue the tinctura thebaica any longer, I ordered the mercurial unction to be uſed, which is an excellent ſubſtitute in ſuch caſes, when complicated with weakneſs of the ſtomach and bowels. This had the deſired effect; and,

* Vide Fordyce's Elements of Practice.

and, as ſoon as the pills were omitted, the griping and purging immediately left her. The uſe of the mercurial ointment requires great attention, and indeed much of its efficacy depends on the induſtry of the patient;—for if it be imperfectly rubbed in, it has little or no effect;—and if it be rubbed in with more force than is requiſite, its operation may be too ſtrong and a ſalivation excited. For this reaſon punctual directions ought to be given to the patient how it is to be uſed, and what time and attention is requiſite for performing the friction, together with the parts of the body which from time to time are to be rubbed. I own I am deſirous of having the breath tainted and the gums rather ſore, altho', if we be certain of the quantity and goodneſs of the medicines employed, the venereal ſymptoms will often give way, and the diſorder cure well without thoſe ſenſible effects of the action of mercury, *

It muſt be confeſſed that I ſhould not have ordered mercurial medicines ſo early to this patient, if the venereal ulcer in the noſe had not indicated them. I find ſeveral caſes among my

* Vide the Author's Treatiſe on the Uſe and Abuſe of Medicine, where the uſe of mercury in the venereal diſeaſe is particularly conſidered.

my notes very ſimilar to this, which were treated ſucceſsfully in nearly the ſame way. The employment of mercury in the aſthma was mentioned before in a former part of this treatiſe*, and its ſucceſs in this inſtance is very obvious, for the aſthma ſoon diſappeared after it was uſed.

## CASE XXVII.

*The Convulſive Aſthma, of ſeven months ſtanding, complicated with teething and inflammatory obſtructions of the lungs, in a child fourteen months old, cured by the* Mercurius dulcis, Anodyne Syrup, *and* Flowers *of* Zinc.

THOMAS MORLEY, aged fourteen months, admitted a patient at the York County-Hoſpital, January 4, 1781, has a cough, conſtant wheezing and ſhortneſs of breath, and alſo ſudden attacks of difficult reſpiration. His face is pale, but does not look very thin. He ſtill continues at the breaſt, although he ſucks at times with great difficulty on account of the ſhortneſs of his breath. He has been ill of his preſent complaints above ſeven months. They began with a bad fever,

* Vide note, page 119.

which

which aroſe from cold. His fleſh is waſted, body regular, ſkin cool, and he ſeems now to have little or no fever. His belly is ſwelled and bigger than natural, and he has only got four teeth.

*Sumat omni mane pulverem ex mercurii dulcis ſexies ſublimati grano uno, & ſaccharri albi granis quinque.*

R. *Syrupi althææ,*
*Syrupi mororum, utriuſque, ſemunciam.*
*Tincturæ thebaicæ guttas octo. Miſce.*
*Doſis drachma una omni nocte ad cubitum eundum.*

The 8th, He is more chearful and lively, breathes eaſier, wheezes leſs, and reſts better in the night. His pulſe is weak, but not quicker than natural. His ſtools come from him more freely, and there is among them an appearance of ſlime and ſkins of worms, but he has no pain in his bowels,

The 11th. His voice is clearer, ſtronger, and more natural; breathing eaſier; ſtools moderately looſe.

*Repetatur pulvis, ſed capiat tantum unum alternis noctibus.*

*Sumat ſyrupi anodyni drachmam unam & dimidiam, vel, ſi opus ſit, drachmas duas.*

The

The 15th. His mother ſuſpects that he is getting a tooth, as he bites hard at the nipple, and has an increaſed flow of ſaliva. His medicines agree well with him, and occaſion no griping pains. He breathes much better, and with leſs wheezing and rattling of phlegm; his voice continues clearer and ſtronger; body regular and leſs ſwelled; appetite good; eyes more bright and lively, and he begins to look clearer in his complexion.

*Continuetur ſyrupus anodynus, & omittatur mercurius dulcis.*

The 22d. He is evidently getting a tooth. He breathes ſomewhat ſhorter to-day and with greater difficulty, coughs more, and is looſe in his body.

*Capiat bis die pulverem ex Florum Zinci grano uno & ſaccharri albi granis tribus.*

*Omittatur ſyrupus anodynus.*

The 26th. His body continues looſe. He breathes a little better, wheezes leſs, and is more chearful and lively. The ſyrup has been omitted, but he has taken the powder regularly, and it has agreed well with him.

*Repetatur pulvis ex Flore Zinci.*

*Sumat*

*Sumat miſturæ Tartari Emetici cochlearia duo parva omni ſemihora ad tertiam vicem, niſi prius vomitio vel alvi-fluxus ſupervenerit.*

February 1ſt. He did not vomit with three doſes of the tartar emetic mixture, but it gave him a few looſe ſtools. His belly continues ſomewhat bigger than natural. He ſtill wheezes, has a rattling of phlegm in his throat, and breathes with difficulty.

*Continuetur Pulvis Florum Zinci.*

The 4th. He breathes with more eaſe; has little or no cough; wheezes leſs. His medicines agree well with him, he has better nights, and takes his food with an appetite.

The 10th. He continues to recover; is ſtronger upon his legs, and looks better in the face.

The 19th. He has no complaint, except now and then a little ſhortneſs of breath againſt any material change of weather. Let him be diſmiſſed.

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This child began to have a diſorder of his lungs at a very early period, for he was not then above ſix months old; and when I ſaw him,

it was become ſo violent, that his life was in the greateſt danger. A natural queſtion here ariſes,—From what cauſes does the complaint proceed? The diet and regimen of children ought to be ſo ſimple, that one ſhould hardly ſuppoſe an Aſthma to be a frequent diſeaſe among them; and yet it is an undoubted fact, that it not only does take place in infancy* but much oftener than one would imagine.—The cauſes which I have obſerved to operate moſt frequently and moſt powerfully in bringing on aſthmatical complaints in infancy, are tight ſtays or bandages around the body, exceſſive heat, imprudent expoſure to cold, and groſs feeding.

It is a melancholy obſervation, that the firſt of thoſe cauſes proves fatal to many. I have ſeen pulmonary obſtructions, aſthmas, inflammations of the lungs, and even convulſions ariſe from it.—Exceſs of heat likewiſe is often very pernicious to infants, for unſkilful nurſes frequently hold them on their knees expoſed to a hot fire, where they are compelled to breathe an air heated to a dangerous exceſs. This ſoon ſtupifies a child and throws it aſleep, eſpecially if its veſſels be too full of blood; and then

* Floyer.

then the injury it may afterwards receive, is very great. — With regard to imprudent expoſure to cold, nurſes are apt to forget that the conſtitution of an infant is very tender, and that a ſlight degree of unaccuſtomed cold will act powerfully upon it, particularly after having been previouſly heated.—As to the laſt-mentioned cauſe, groſs feeding, ſome parents, as well as nurſes, fondly imagine that art can provide a more wholeſome diet for children than nature. Led away by this erroneous opinion, they not only allow the tender infant to ſuck plentifully, but afterwards compel it to ſwallow a quantity of ſpoon-meat, by which means the child, if it be not ſuddenly carried off by colic pains or convulſions, becomes fat and groſs, and in conſequence of being too much filled with blood, its weak veſſels are over-diſtended. This ſtate of fulneſs is particularly hurtful to the lungs of infants, and lays a foundation for pulmonary obſtructions, aſthmas, and inflammations. *

Thomas Morley had evidently obſtructions in his lungs, and thoſe, as his complaint at its



* I have ſeen many caſes of inflammation of the lungs in infants; and was preſent at the opening of the bodies of ſeveral who died, which put the diſorder out of all diſpute.

commencement was ſevere and attended with a fever, had in all probability been the conſequence of previous inflammation. At the time when I firſt ſaw him, his conſtant wheezing and ſhortneſs of breath, along with a cough and ſudden attacks of difficult reſpiration for near eight months, was a very ſufficient proof of obſtructions and ſpaſmodic affections of the lungs. By this long diſeaſe, his conſtitution was greatly injured, his body was become large, color pale, fleſh waſted, limbs ſmall and emaciated, but his face did not look proportionably thin and fallen. He had been ſlow in getting his teeth, and therefore had many more ſtill to cut. Whether or no he had worms, was not certain, becauſe he had not parted with any which had been obſerved. As his body was large and harder than natural, the meſentery probably was ſomewhat obſtructed, a complaint which diſſections have proved to be very common among children.

With this view of the diſeaſe, a few doſes of a gentle mercurial were indicated, as deobſtruent, laxative, and antiſpaſmodic, and they had the deſired effect; for they kept his body regular without producing any griping pains in the bowels, and diſcharged a quantity of matter, which

which had the appearance of ſlime and ſkins of worms. He had likewiſe an anodyne ſyrup at night. By the uſe of thoſe two remedies his cough, wheezing, and difficulty of breathing were abated, and the child grew more chearful and lively. His nights were eaſier and his voice became clearer, ſhriller, and more natural, which is a ſymptom worthy of obſervation, as it is of great weight in the prognoſtic of all pulmonary complaints, and particularly in thoſe of children who are unable to expreſs their feelings. His appetite likewiſe was improved, which ſhewed that the mercurius dulcis agreed well with him. After he had taken thoſe medicines for about ten days, he cut a tooth, which was evidently accompanied with an increaſe of the complaint in his breaſt.

If a child have a diſeaſe in his breaſt, the cutting of a tooth, as it often excites pain, fever, and general irritability, will, as in the preſent caſe, be found commonly to increaſe it. But this affords no proof why a cough and ſhortneſs of breath, with pulmonary obſtructions in the lungs, ſhould be thought a neceſſary attendant on teething. According to the beſt of my obſervations, it is an indiſputable fact,

fact, that healthful children cut their teeth without a cough, and, when in others a cough attends teething, it is in general an accidental circumſtance, proceeding from a local complaint in the breaſt, and is not merely ſymptomatic of the cutting of a tooth. The violence of the cough,——the riſing of phlegm from the lungs,——inflammations, pulmonary obſtructions, and ulcerations, which have followed, and been proved by diſſection,——have fully convinced me of the truth of the above aſſertion. I ſhould not have dwelt at all on this fact, if I had not obſerved that the notion, which I am endeavoring to refute is pernicious to ſociety, and productive of fatal conſequences. For when we ſay that a cough with ſhortneſs of breath, is a common ſymptom of teething, we unite the two complaints together under one idea; and as we conſider teething as natural and neceſſary, the other being united with it and regarded only as an effect, falls in under the ſame general idea, and conſequently is too often ſuppoſed to require no particular treatment, by which means it is neglected, and in many inſtances proves fatal.

After this patient had taken the mercurius dulcis, as above directed, for ten or twelve days,

days, that remedy was omitted, and the flowers of Zinc preſcribed, which had a happy effect in ſtill further diminiſhing the cough, wheezing, and difficulty of breathing. Thoſe remedies were given to him regularly, till on the 19th of February he was free from complaint.

After he had taken the flowers of Zinc for about eight days, I preſcribed the tartar emetic mixture, with a view to promote a gentle vomiting, and diſcharge of phlegm both from the lungs and ſtomach; but it did not anſwer that intention. It procured him, however, a few looſe ſtools, which were of ſervice to him. The above doſe of the tartar emetic mixture is in general ſufficiently ſtrong to occaſion vomiting. Sometimes one doſe of it even will vomit a child of that age, and now and then a ſecond in irritable habits will operate violently.

CASE

## CASE XXVIII.

*The Convulsive Asthma, complicated with an Inflammation of the Lungs, cured by* Blood-letting, Blisters, Laxatives, *&c.*

MARY ROBINSON, in the 45th year of her age, admitted at the York County-Hospital, on the 16th of October, 1777, complains of head-ach, colic pains in her bowels, wind at her stomach, and rheumatic pains in her legs and feet, which are somewhat swelled. She is costive; but her menses are regular, skin cool, pulse natural. She has short but frequent fits of difficult breathing along with a dry cough, which complaint she has been often troubled with for some years past. Her employment is that of a washerwoman, in consequence of which she has been much exposed to vicissitudes of heat and cold. Her general habit of body appears to be moderately full, but somewhat relaxed.

*Sumat misturæ pectoralis unciam unam et dimidiam bis die,—haustum solutivum cras mane—& lohoch sanans sæpe in diem.*

The

The 20th. The phyſic operated well, and gave her ſeveral ſtools, which relieved the pain in her bowels. Other ſymptoms are nearly as before.

*Continuentur remedia, & repetatur cras mane hauſtus ſenæ purgans.*

The 23d. There is little or no alteration in her complaints ſince the laſt report, except that her countenance is heavy, tongue ſomewhat furred, and ſhe appears languid and fatigued. She took the ſolutive draught as directed, and it anſwered well.

The 27th. On Saturday the 25th, ſhe was ſeized ſuddenly with a ſevere pain at the lower part of the ſternum and acroſs the pit of her ſtomach, attended with a violent cough and difficulty of breathing, and an obſtinate vomiting of every thing ſhe took. This morning I called upon her at her own houſe, and found her confined to her bed in the ſituation above-mentioned, with the ſymptoms all increaſed. She was very feveriſh. The vomiting continued. Her pulſe was quicker and fuller than natural; urine high-colored; tongue foul; ſkin hot and dry; thirſt great. The pain acroſs the pit of her ſtomach was ſevere, her breathing very

difficult and laborious, and ſhe had a troubleſome cough which greatly increaſed the pain. She afterwards made no further complaint of the pain and ſwelling in her legs and feet. She was ordered to be bled immediately to the quantity of ten ounces; and in twelve hours the operation was to be repeated. A bliſter likewiſe was applied acroſs the pit of her ſtomach; gliſters adminiſtered occaſionally; and the following mixture preſcribed.

*Sumat miſturæ ſalinæ unciam unam & dimidiam quarta quaque hora.*

The 28th. She has been bled twice, and her blood is tolerably firm, with ſome appearance of the buff-coat. The bliſter anſwered well, and ſhe has had two ſtools with the gliſter. The ſymptoms are rather eaſier than they were yeſterday. Her pulſe is ſofter but ſtill quick. The vomiting is very ſevere. Cold water ſtays on her ſtomach when nothing elſe will, and gives her no pain. She has taken the ſaline mixture at times when her ſtomach could bear it. Her breathing continues very laborious with conſiderable wheezing and great tightneſs acroſs her breaſt, ſo that ſhe is obliged to have her head and body raiſed high with pillows. Her tongue is foul and her ſkin hot, but they are not ſo dry

as

as they were. Her urine is high-colored, and ſhe has conſtant thirſt, but can take no ſolid food of any kind.

The 29th. The pain acroſs the pit of her ſtomach is much eaſier, but her cough is more troubleſome, and ſhe has a ſevere pain on the left ſide a little above the ſhort ribs, which is increaſed on motion and preſſure. Her ſickneſs and vomiting continue. Her difficulty of breathing is very great, altho' ſhe expectorates a little more phlegm. Cold water is ſtill the moſt grateful and refreſhing to her, and ſhe drinks plentifully of it. Her pulſe is tolerably regular, and not ſo quick as it was. Her tongue is foul, and her countenance continues heavy, ſunk, and diſtreſſed. She eats nothing, ſleeps very little, and that in a moſt confuſed manner. She had a ſtool with the gliſter.

*Repetatur miſtura, & applicetur emplaſtrum veſicatorium parti dolenti.*

The 30th. She had a bliſter on her ſide laſt night, and it has diſcharged well. She continues to take the ſaline mixture at times. Her pulſe is weak and conſiderably quicker than natural, but tolerably free. The pain in her left ſide is eaſier, but her breathing is laborious,

and ſhe ſtill feels a great tightneſs acroſs her breaſt. She has been able to eat a little light pudding to-day, which ſhe has not thrown up. Her cough is very troubleſome and violent, particularly after eating or drinking any thing, and her expectoration ſcanty and difficult.

*Repetatur miſtura & enema.*

R. *Julepi cardiaci unciam unam & dimidiam,*
*Tincturæ Thebaicæ guttas quindecim,*
*Florum Zinci grana quinque.*
*Fiat hauſtus, hora ſomni ſumendus.*

The 31ſt. Her draught at bed-time agrees well with her, and ſince ſhe took it, ſhe has coughed leſs, ſpit more freely, and ſlept better at nights. She is extremely weak, but has no pain, ſickneſs, or vomiting. Her breathing is ſtill very difficult. Her thirſt is abated; ſhe has ſome little return of appetite; her pulſe is rather ſlower; her urine depoſites a lateritious ſediment; her ſkin feels cooler and moiſter, and her tongue is leſs furred.

*Repetantur medicamenta.*

November 1ſt, 2d, and 3d. She continues to recover. Her pulſe is low, and not above 68. Her medicines agree well with her.

*Omittatur*

*Omittatur miſtura ſalina, ſed continuetur hauſtus & enema, & ſumatur julepi cardiaci uncia una & dimidia bis terve in diem.*

The 10th. She has not been able to attend as an out-patient ſince the 23d of laſt month, at which time this ſevere illneſs firſt attacked her. She gains ſtrength daily, and ſeems in a fair way of recovery.

The 17th. She is able to attend at the Hoſpital to-day. Her cough and difficulty of breathing are much better, though now and then ſhe has ſlight returns of them. She ſays her draught at night has made her reſt better, and afforded her much relief; but by my direction ſhe begins now to omit it.

The 20th. She was continued an out-patient a few weeks longer, during which time ſhe was ordered *miſturæ aſthmaticæ uncia una bis die*; but as that medicine came up again into her mouth and cauſed a ſickneſs and ſpitting, it was changed for the volatile cordial julep, which ſeemed to agree well with her. On the 29th of December her cough and difficulty of breathing had intirely left her, and ſhe was diſmiſſed from

from her attendance at the Hoſpital, free from complaint.

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This proved a caſe of great danger, and ſeemed, from her previous general indiſpoſition, to have been hanging upon her for ſome time. Her lungs were in a very irritable ſtate, and ſubject to convulſive affections. Her pulſe at firſt was natural; ſhe had no fever; and was able to attend at the Hoſpital as an out-patient.

On the 25th of December (which was the ninth day after her admiſſion at the Hoſpital) ſhe was ſeized with a ſevere pain at the lower part of the ſternum and acroſs the pit of her ſtomach, attended with violent difficulty of breathing, great tightneſs over her breaſt, and a painful cough, along with a ſevere fever and an obſtinate vomiting of every thing ſhe took.

On the 27th in the morning I ſaw her for the firſt time after this alarming attack. She was bled plentifully twice that day, and had a bliſter applied in the evening. It would have been better if ſhe had been bled on the firſt day of the inflammation, but I did not know of her ſituation till the third. She had taken two gentle doſes

doſes of phyſic during the firſt nine days of her attendance at the Hoſpital, which I conſidered as a favorable circumſtance; for, as her ſtomach afterwards was ſo extremely irritable and the vomiting ſo conſtant, it would, if ſhe had been coſtive and her bowels loaded with fæces, have been extremely difficult, if not impoſſible, to have procured her a free paſſage; and then certainly it would have proved very alarming, if not fatal, to have had a fit of the colic with coſtiveneſs complicated with the above diſeaſe. But as things were, a gentle gliſter, occaſionally repeated, was ſufficient to keep her bowels in an eaſy ſtate. The ſaline mixture was given to promote perſpiration, diminiſh the fever, and allay the vomiting; but it did not ſucceed well in this caſe.

On the 2d day of my attendance, which was the 28th, her pulſe was ſofter, breathing eaſier, pains ſomewhat diminiſhed, and therefore bleeding was not repeated.

On the 29th the pain acroſs her breaſt was eaſier, but her cough, difficulty of breathing, ſickneſs and vomiting continued ſevere. Her pulſe at the ſame time became ſlower, and was tolerably regular, and her fever was much abated.

abated. It then appeared to me that the convulsive affection of her lungs, with great general irritability of habit, constituted the chief part of the remaining disease; along with a rheumatic pain in the left side. As she was too weak and relaxed to bear bleeding a third time, another blister was ordered, which caused a plentiful discharge, and gave great relief to the vomiting and pain of her side.

As her difficulty of breathing and tightness across her breast was still troublesome, and at the same time her stomach began to bear a little food without vomiting, I prescribed on the 30th an anodyne draught with five grains of the flowers of Zinc, which, as an antispasmodic, had evidently a powerful effect in procuring rest, quieting the cough, and relieving the difficulty of breathing. Afterwards by the use of a volatile cordial mixture, along with proper nourishment, fresh air, gentle exercise, &c. she gradually recovered from the very weak state to which she had been reduced.

The above combination of symptoms appeared to arise chiefly from a chronic catarrh and spasmodic affection of the lungs, on which an inflammation of that organ had supervened,

pervened, which rendered the caſe extremely critical and dangerous. Floyer very juſtly obſerves that this complication of diſorders is generally fatal; and indeed that was the termination which I was afraid of in the above caſe for ſeveral days ſucceſſively. The vomiting, which continued inceſſantly for ſo long a time, of every thing but cold water, was, together with the reſt of her complaints, a very alarming ſymptom. Cold water in this caſe ſeemed evidently to be ſerviceable, and as nature at firſt had pointed it out to her, I did not think proper to forbid it. It was cooling, diluting, antiſpaſmodic, and as it excited no pain in the ſtomach, but evidently leſſened the vomiting, I knew of nothing which could with equal propriety have been ſubſtituted in its place. Many eminent phyſicians, and particularly the late Dr. Gregory, have recommended cold water in inflammations of the lungs, and Floyer obſerves that the convulſive Aſthma is generally relieved by it. There was in this caſe evidently no inflammation of the ſtomach to contraindicate the uſe of cold water; for the action of vomiting produced no great increaſe of pain, and cold water ſat perfectly eaſy on the ſtomach, which certainly would not have been the caſe had that moſt ſenſible and irritable organ been inflamed.

med. The vomiting ſeemed to ariſe from that general law of the animal œconomy, which is founded on (what Phyſicians term) the conſent of parts, and more eſpecially when the parts affected are as near to the ſtomach, as in the preſent caſe.

## CASE XXIX.

*The Convulſive Aſthma, complicated with an Inflammation of the Lungs of four days ſtanding, cured by* Blood-letting, Bliſters, Laxatives, *&c. to which is added an account of the caſes of Jane Beeforth and Mrs. ——, both treated ſucceſsfully by the ſame remedies.*

JOHN BOTERILL, 28 years of age, March 28th, 1782, had, when I firſt ſaw him, all the ſymptoms of a moſt violent inflammation and ſpaſm of the lungs — fever, bad cough, bloody expectoration, ſevere pains in the breaſt, difficult lying, along with a difficulty of breathing ſo violent, that he had all the appearance of a man ſtruggling for breath in the very laſt moments of life. His pulſe at the ſame time was quick and full, with great heat and thirſt. Thoſe complaints having continued with uncommon violence for four days before my firſt viſit, I ordered him to loſe ſixteen ounces

ounces of blood that morning; and as his blood was firm and ſizy, his pulſe high, and the ſymptoms a little relieved, the operation was repeated in the evening to the ſame quantity. On the morning following, — his pulſe being ſtill quick, full, and ſtrong, and the ſymptoms, though ſomewhat abated, yet violent,—he was bled again to the quantity of ſixteen ounces. The next morning, for the ſame reaſons, he was bled to ten ounces more. He had in the mean-time diluents, ſaline mixtures, oily emulſions, linctuſes acidulated with ſpirit of vitriol, bliſters, gentle laxatives, along with pure air and the cool regimen; by which means he recovered, and had no complaints remaining on the 9th of April, except a cough, ſtuffing in his breaſt, and weakneſs, which were in a few weeks removed at the York County-Hoſpital by the *miſtura aſthmatica*, *lohoch ſanans*, *hauſtus ſenæ purgans*, *miſtura ſpermatis ceti cum eſſentiæ antimonii drachma una omni doſi*. A mild, low, regular diet, and gentle exerciſe in the open air, greatly forwarded his ſpeedy and perfect recovery.

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On my firſt viſit to this patient, there never was, to all appearance, a more miſerable object. The anxiety which attended the diſeaſe

was inexpreſſible, ſo that his whole body was in a dreadful agitation, with no other proſpect but that of immediate ſuffocation. On a ſtrict examination into his caſe, no ſymptom gave me the ſmalleſt hopes of recovery till on feeling his pulſe I found it quick, full, and ſtrong,—and no remedy was ſo likely to relieve him as bleeding. Without bleeding he muſt have expired in a very few hours, as nothing elſe could have had any chance to have removed the inflammation and ſpaſm of his lungs. As the firſt bleeding relieved him, and as the ſymptoms ſeemed to require it, the operation was repeated four times, ſo that fifty-eight ounces of blood were taken from him in the ſpace of forty-eight hours, and with the happieſt effect *. Bliſters, laxatives, &c. were employed with advantage. If the bleedings had been made more ſparingly, he might perhaps have recovered, but his recovery would have been attended with greater difficulty †. Larger effuſions into the cellular membrane of the lungs, and more inveterate obſtructions would probably have taken place, and have required a longer time to have removed them. We muſt, however, obſerve, that it would have been much better, had this patient been bled ſooner,

* Cleghorn and Sydenham.——† Cleghorn.

ſooner, becauſe his complaint is one of thoſe which often ends ſuddenly in ſuffocation, in conſequence of the ſpaſm of the lungs, the obſtructed circulation and accumulation of blood, and effuſions into the cellular membrane of that organ.

I have had ſeveral dreadful caſes of this kind, treated nearly in the ſame manner; ſome of which, however, required bleeding more copiouſly than others, according to the age, pulſe, bodily vigor, urgency of ſymptoms, appearance of the blood, &c.

The caſe of JANE BEEFORTH, of this city, a girl about nineteen years old, was another ſtriking example of the ſame terrible diſeaſe, cured by blood-letting. She was bled to forty ounces of blood in eight-and-forty hours. She fainted after the ſecond bleeding, but not after the third. Her diſeaſe, which was a complication of ſpaſm and inflammation of the lungs with a very bloody expectoration, had continued for ſeveral days before I ſaw her.

Mrs. ——, of this city, recovered too from a like terrible diſeaſe, of the ſame ſtanding, and attended with a ſpitting of blood, but ſhe could

could only bear bleeding twice in three days, becauſe her complaint was complicated with a ſevere fever, towards the end of which there was a delirium with conſiderable depreſſion of ſtrength. When her diſeaſe began to abate, the alarming ſymptoms ariſing from the ſpaſm of the lungs, after having continued for ſeveral days with the utmoſt violence, ſo far diſappeared ſuddenly in one night, as to remove every idea of danger.

I find thoſe two caſes are fully taken in my notes, but it would be needleſs to trouble my reader with a longer account of them. The ſudden abatement of the ſymptoms is clearly owing to the ſolution of ſpaſm; and is in ſome meaſure characteriſtic of the diſeaſe. In thoſe caſes the ſeverity of the complaint did not continue uniformly in the ſame degree; but was ſometimes a little eaſier, and then returned with the moſt violent exacerbations, ſo that the attendants deſpaired of recovery, and expected inſtant death. Such exacerbations are often the moſt ſevere and alarming in the night. Though blood-letting is the chief remedy, and the reſt of the treatment, no doubt, much inferior to it in efficacy; yet the patient, from the ſudden and unexpected

eaſe,

eaſe, which he finds on the ſolution of the ſpaſm of his lungs, will often aſcribe his cure intirely to ſome new linctus or different medicine laſt preſcribed, which perhaps has evidently had the leaſt part in the cure. It is worth remarking, that the pulſe in this dreadful complication of maladies is fuller and ſtronger and the circulation freer, than when an equal difficulty of breathing occurs in a peripneumony from effuſions of blood into the cellular membrane without any ſpaſmodic affection of the air-veſſels; and the reaſon of it is this, becauſe the ſmall blood-veſſels in the lungs are not ſo much compreſſed in the firſt caſe, as in the laſt.

PART

# PART IV.

## CASES of ASTHMA,

IN WHICH THE

## TINCTURA THEBAICA, MUSK, CASTOR, CAMPHOR, ÆTHER, ASAFŒTIDA, &c.

Were employed with Succeſs.

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### CASE XXX.

*A Caſe of the Convulſive Aſthma, complicated with a Spitting of Blood, cured by* Tinctura Thebaica, Oleum Ricini, Emetics, Milk Diet, *&c.*

*JOHN LITTLE*, aged 52, of a weak habit of body, admitted at the York County-Hoſpital, April 28, 1777, has been troubled with a cough and aſthma for ſeveral years.

years. He has at preſent a great difficulty of breathing and ſenſe of ſtraitneſs acroſs his ſtomach, with a pain in his breaſt. His pulſe is low and weak but not quick, and he has no feveriſh ſymptoms. He has twice vomited up eight ounces of blood ſince Tueſday the 22d of this month, and coughed after it each time conſiderably. Expectoration difficult and ſometimes bloody, appetite bad, ſleep diſturbed, body coſtive. Let him live on a milk and vegetable diet.

*Sumat miſturæ ex tinctura roſarum uncias duas quater die; — olei ricini unciam unam pro re nata quando alvus aſtricta ſit; — balſami glycyrrhizæ cochlearia duo parva bis vel ter in die; — & hauſtum anodynum ex Tincturæ Thebaicæ guttis ſedecim omni nocte hora ſomni.*

May 1ſt. The cough, difficulty of breathing, and pain in his breaſt are eaſier. He has ſpit no more blood. Expectoration freer; pulſe rather ſtronger; body open; he reſts better at nights, and gains ſtrength.

*Continuentur remedia, & repetatur hauſtus anodynus ex Tincturæ Thebaicæ guttis viginti.*

The 5th. He continues to recover.

The 8th. He complains of foulneſs at his ſtomach; but in other reſpects continues better.

*Repetantur remedia, & ſumatur veſpere hauſtus emeticus.*

The 15th. The vomit anſwered well, and brought away much phlegm and undigeſted matter. His throat is ſore, but he has no pain in his breaſt, and all his other ſymptoms are eaſier.

*Continuentur remedia, & repetatur hauſtus anodynus ex Tinctura Thebaicæ guttis viginti et ſex.*

The 26th. He has a load and oppreſſion at his ſtomach. The ſoreneſs in his throat is removed, his cough is almoſt gone, and he has no return of difficulty of breathing or pain in his breaſt.

*Continuentur remedia, & repetatur veſpere hauſtus emeticus.*

June 2d. The vomit anſwered well, and relieved the oppreſſion at his ſtomach; and he is free from complaint, except a little ſoreneſs in his breaſt and throat.

The 9th. He has no complaint. Let him be diſmiſſed.

This

This is a caſe of the Aſthma complicated with a ſpitting of blood, in a patient whoſe conſtitution was weak and relaxed. He had, in the laſt ſix days before he came to the Hoſpital, vomited ſixteen ounces of blood, which had alarmed him very much. When blood comes ſuddenly from the lungs, it excites a ſenſation in the throat as if the patient were vomiting it; but in this man's caſe the cough, difficulty of breathing, pain in the breaſt and bloody expectoration, ſhewed clearly from whence the blood proceeded. Beſides it came up free from any mixture with the contents of the ſtomach, and was inſtantly followed by a ſevere fit of coughing.

As he had lately loſt ſo much blood, and his pulſe and general conſtitution were very weak, I did not think it right to adviſe bleeding, but recommended a milk and vegetable diet, by way of preventing afterwards any fulneſs in the veſſels or general ſtimulus to the conſtitution. This practice may appear ſomewhat contradictory to thoſe who have not well conſidered the ſubject; for it is natural to conclude, that if a patient be ſo weak as to render bleeding improper,

proper, his diet ſhould be more nouriſhing and reſtorative to obviate that weakneſs. But this reaſoning is not founded on juſt principles. For tho' one durſt not bleed, yet milder means of guarding againſt any fulneſs in the veſſels with a view to prevent too great an accumulation of blood in the lungs, may be abſolutely neceſſary.

Regulations of diet, therefore, are highly proper in ſuch a caſe as this; and if directed with judgment will, as daily experience fully evinces, contribute much to the ſafety of the patient and the cure of the diſeaſe. For when any one is weak, a ſlight error in diet is capable of doing great miſchief, by giving an irritation to the ſyſtem, and diſordering the circulation of the blood; and any aliment which affords too much nouriſhment in proportion to the ſtrength of the conſtitution, is difficult of digeſtion and oppreſſive to the ſtomach. A diet, therefore, which conſiſts of the mildeſt things, taken in ſmall quantity, ſuch as milk, ripe fruits, farinaceous and other vegetables, which are light and eaſy of digeſtion, are the moſt proper in this diſorder, being ſufficiently nutritive and yet not too much ſo. By regulations of diet, ſuch as theſe, thouſands are daily ſnatched from the grave, who in all probability would otherwiſe

otherwiſe have died of an Aſthma, followed by a conſumption. Proper regulations of diet are far more important in preſerving a juſt balance between the quantity of blood and the tone of the veſſels, than any temporary evacuations by bleeding or purging. None can poſſibly comprehend the full power and importance of ſuch a plan of diet, but thoſe who have ſteadily tried it; and few have reſolution enough for the experiment, eſpecially when perſeverance for any length of time is required.

The tinctura thebaica in this caſe ſeemed doubly indicated, both as an antiſpaſmodic and a ſedative, by which operation it relieved the convulſive Aſthma, quieted the cough, promoted expectoration, and diminiſhed the irritation of the lungs, which laſt effect is of very great moment in ſuch complicated caſes as theſe.

The emetic draught, which conſiſted of ipecacuanha, was a very mild one, and given when his ſpitting of blood was intirely ſtopped, and his difficulty of breathing and other pulmonary ſymptoms greatly relieved. The foulneſs of his ſtomach indicated the uſe of it, and there was then nothing to fear from its operation.

operation. As the firſt emetic afforded conſiderable relief, another was given on the 26th with equal ſucceſs. Perhaps the load on his ſtomach, if it had been ſuffered to have remained there, would have brought on a return of his difficulty of breathing, which might again have obſtructed the courſe of the circulation ſo much, as to have occaſioned a diſcharge of blood from the lungs.

With regard to the free uſe of emetics in the pure hæmoptyſis, in which there is a frequent diſcharge of blood from the rupture of ſome conſiderable veſſel, I am totally averſe to the practice, as I think it a very dangerous one. But in many aſthmatical and conſumptive caſes, where a little blood comes up pure or mixed with phlegm, a gentle vomit, if indicated either by foulneſs of the ſtomach or want of expectoration, may in general be very ſafely and advantageouſly preſcribed; and indeed we have daily experience, together with the authority of the moſt able phyſicians, in favor of the practice. *

There are, however, caſes of this kind in which I ſhould be afraid of uſing even a gentle emetic;

* Cullen's public Lectures on the Practice of Phyſic.

emetic; as, for example, where there is any fixt great obſtruction in the lungs, or where the fibres of the body are remarkably ſmall, delicate, and relaxed; for, in ſuch a ſtate, it is difficult to anſwer for the conſequences of the excitement of vomiting by an emetic, however mild. But even in ſuch caſes as theſe, if the patient ſhould at any time be ſick and vomit, there can be no hazard in giving a little warm water or chamomile tea to facilitate the operation and clear the ſtomach of impurities.

## CASE XXXI.

*The Convulſive Aſthma, of three months ſtanding, in a child eleven months old, complicated with a Catarrh, cured by* Tinctura Thebaica, Leeches, Laxatives, *&c.*

*WILLIAM DIBB*, eleven months old, admitted an out-patient at the York County-Hoſpital on the 1ſt of May, 1777, has been troubled with a ſevere cough and ſtuffing in his breaſt for three months paſt. He coughs very much in the night. His breathing on a ſudden is often ſo difficult that he appears as if he were choking. He is weak, languid, and reſtleſs.

reſtleſs. His pulſe is quick and irregular; body bound, and he has very bad nights.

*Hirudo cruri applicetur.*

*Sumat hauſtus ſenæ pro infantibus unciam unam & dimidiam.*

R. *Mucilaginis gummi Arabici,*
*Syrupi violarum, ſingulorum, unciam unam.*
*Doſis cochlearium unum parvum ſæpe in diem.*

The 5th. He bled freely with the leech. Took his phyſic yeſterday, and it operated both as an emetic and purgative. The ſymptoms continue the ſame, and he has ſtill very bad nights.

*Repetatur miſtura, & ſumantur Tincturæ Thebaicæ guttæ duæ hora ſomni.*

The 9th. His cough, ſtuffing, and difficulty of breathing are rather eaſier, and his nights better.

The 15th. He has a looſeneſs along with his other complaints; and his mother ſuſpects that he is cutting a tooth.

*Sumat Tincturæ Thebaicæ guttas duas mane ac veſpere.*

*Capiat julepi e creta cochlearium unum vel duo quarta quaque hora.*

The

The 19th. His looſeneſs is abated. The cough and other aſthmatical ſymptoms, particularly the choking fits at night, grow leſs and leſs.

The 26th and 31ſt. He continues to recover.

*Omittatur Tinctura Thebaica, et continuetur julepum e creta.*

June 9th. He has the meaſles, accompanied with an increaſe of cough and ſtuffing in his breaſt, but without any of thoſe ſudden choking fits as before. Body regular.

*Cruri applicentur hirudines duæ.*

*Capiat miſturæ ex ſpiritu nitri dulci unciam dimidiam ter die, & Tincturæ Thebaicæ guttas tres hora ſomni.*

The 12th. He bled freely with the leeches. The ſymptoms of the meaſles are favorable. His body is open. Cough and ſtuffing are leſs troubleſome.

The 16th. The meaſles have intirely diſappeared; the cough and ſtuffing in his breaſt are abating every day.

The 26th. He has no complaint except a little feveriſhneſs at times.

*Sumat bis die julepi cardiaci unciam dimidiam.*

*Capiat mane hauſtus ſenæ unciam unam & dimidiam, & repetatur eadem doſis die menſis trigeſimo.*

July 7th. The phyſic operated well, and he has no complaint. Let him be diſmiſſed.

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The tender age of this child, the ſeverity of the diſeaſe, and its duration, are particulars worthy of attention; for his caſe appeared ſo very alarming, that one could ſcarce entertain any hopes of his recovery. A great degree of fever and catarrh accompanied the aſthma, with a continual ſtuffing in the breaſt, even when the fit was not upon him. Whatever phlegm came up from his lungs, it was generally ſwallowed; for he never got quit of any, unleſs now and then by the aſſiſtance of his mother. The leech and opening phyſic at firſt were ſtrongly indicated by the violence of the diſeaſe. Afterwards it was neceſſary to have recourſe to antiſpaſmodics, and with this view the Tinctura Thebaica was preſcribed, which had a happy effect in leſſening the aſthmatic fits, and procuring better nights.

On the 15th, the child had a looſeneſs added to his other complaints, on which account

count he took a ſpoonful of the *julepum e creta* frequently, and two doſes of the tinctura thebaica in twenty-four hours. It is highly requiſite to increaſe the doſe of the tinctura thebaica in the diſorders of children, as well as in thoſe of adults; but this muſt be done with much caution, and then it will often be productive of great benefit. If the doſe be increaſed raſhly, the effects of it may be very alarming, particularly in aſthmatical diſorders. For this reaſon too, the utmoſt care is requiſite in preparing and mixing up ſuch an active medicine as that for the uſe of children. The looſeneſs ſoon abated with the above treatment, and his Aſthma was almoſt cured on the ſecond day of June, when the tinctura thebaica was omitted, as being too powerful a remedy to be continued without neceſſity.

On the 9th of June the child had the meaſles, attended with a cough and ſtuffing in his breaſt, but without any return of his aſthmatic fits. To moderate the fever and to prevent any injury of the lungs from inflammation, he was, although the eruption appeared to be much out, bled immediately with two leeches, and the tinctura thebaica was again preſcribed, along with the *miſtura ſpiritus nitri dulcis*. Had I

known of his ſituation earlier, bleeding would have been adviſed during the eruptive fever of the meaſles. As his body was open, a laxative was not then neceſſary; but after the meaſles were over, the child took two gentle doſes of phyſic along with a cordial julep. With this treatment he had no return of his Aſthma, and was diſmiſſed cured on the 7th of July.

## CASE XXXII.

*The Convulſive Aſthma, complicated with a ſpitting of blood, a pulmonary conſumption, and an abſceſs in the lungs, which laſt broke and diſcharged a conſiderable quantity of blood, purulent matter, and ſkinny membranous ſubſtances, treated ſucceſsfully by* Tinctura Thebaica, milk diet, gentle riding exerciſe, &c.

JOHN MOOR, of Huby, aged 40, admitted at the York County-Hoſpital, March 16, 1778, has for ſome time paſt labored under a complaint in his breaſt, in which his lungs are very weak, and his reſpiration at times is greatly obſtructed. His fits of difficult breathing at preſent are ſudden, frequent, and ſevere, particularly on quick motion or when he firſt wakes from ſleep, but they are not of long duration.

duration. He is troubled too with a violent deep-ſounding cough; great ſtuffing and pain in his breaſt; and he cannot lie on his right ſide without an increaſe both of his cough and pain. He frequently ſpits up blood mixed with matter, which evidently appears to be purulent; and he is very ſubject to cold and hot fits and other ſymptoms of hectic fever. The quantity of pure blood, diſcharged at once, amounts often to about eight ounces. His legs ſwell, and ſometimes his hands. His pulſe is quick and weak; ſleep diſturbed; body rather open; complexion very unwholeſome, ſomewhat florid, but conſiderably tinged with yellowneſs. He is of middle ſize and of a ſtrong make. I deſired him to live principally on a milk and vegetable diet, and ordered the following medicines.

*Sumat emulſionis oleoſæ nitratæ uncias duas ter die, & hauſtum anodynum hora ſomni.*

The 19th. His ſtuffing and difficulty of breathing are ſomewhat eaſier. He reſts better at nights. Other ſymptoms remain as before.

The 23d. He is rather better, and has eaſier nights. The medicines agree well with him.

The

The 26th. Laſt night he had a ſeverer cold fit than uſual, which was ſucceeded by heat and ſweating. The pain in his breaſt is ſomewhat abated. Other ſymptoms nearly the ſame.

The 30th. He ſpits blood again and is worſe. He feels himſelf languid and oppreſſed. Pulſe very weak and quick. Body regular.

April 6th. The ſpitting of blood ſtill continues, and alſo his other complaints, along with great and ſudden difficulties of breathing. Let him be made an out-patient.

The 9th. He leaves the Hoſpital to-day. The ſymptoms continue the ſame.

*Sumantur decocti mucilaginoſi unciæ duæ ter die, & repetatur hauſtus anodynus hora ſomni.*

The 13th. He rode on horſeback laſt Thurſday to Huby, which is nine miles from York, and he ſpit blood on Friday. He has rode nine miles to-day, has coughed much, and ſpit freſh blood. The medicines relieve him, and he has better nights.

The 20th. He ſpit blood yeſterday, and is always eaſier after ſpitting blood. He rode nine

nine miles this morning and has ſpit no blood, but complains to-day of great ſoreneſs in his breaſt and difficulty of breathing. Pulſe 120. His body is bound at times. He feels himſelf ſo weak that he can ſcarce walk.

*Repetantur remedia; & capiatur electarii ſolutivi cochlearium unum parvum pro re nata, quando conſtipatio alvi adſit.*

The 27th. He has ſpit little or no blood this laſt week; is ſtronger; his appetite is better; and his pains are diminiſhed. He complains of great ſhortneſs of breath to-day. Pulſe 112. He rode nine miles this morning, which has not made him ſpit blood, but he has coughed more after it; and he returns home as uſual in the afternoon. His hectic fever is abated; ſwellings of his legs and hands much diminiſhed; countenance clearer, and he looks better in the face.

May 4th. He has ſpit no blood to-day after his journey. His body is looſe.

The 14th. His looſeneſs is better. He complains of pain and fulneſs in his breaſt. Pulſe ſtill quick, but rather ſtronger.

*Mittatur ſanguis ad uncias octo.*

*Repetantur remedia, & ſumantur ſæpe in diem balſami glycyrrhizæ nitrati drachmæ duæ.*

The

The 25th. He continues to recover.

June 4th. His face is florid, but not near ſo yellow as it was. He ſtill ſpits blood at times, but in leſs quantity. His pulſe is ſlower and ſtronger. He lives principally on milk, and uſes regular exerciſe on horſeback.

*Continuentur remedia, & hauſtus anodynus, ſed conſtent hora ſomni ſingulæ doſes ex Tincturæ Thebaicæ guttis viginti & quinque.*

The 15th. His appetite is good; the medicines agree well, particularly the Tinctura Thebaica. His cough and ſtuffing in his breaſt are much better. He ſpits blood in ſo ſmall a quantity, that he ſays it is ſcarce worth mentioning; and he can lie with leſs difficulty on his right ſide.

The 25th. He ſtill ſpits a little blood at times, but is in all reſpects much better. Bears his journey well and recovers ſtrength. His body is regular with the electuary, which he takes occaſionally.

July 6th. He continues better, but complains to-day of loſs of appetite.

The

The 20th. Of late he has again ſpit up ſome blood with his cough, which he had not done for ſome time paſt.—A few days ago an abſceſs broke in his lungs, and he vomited a large quantity of corruption, which was mixed with blood, and had a very fœtid ſmell. He has likewiſe forced up by coughing a very conſiderable quantity of ſkinny membranous ſubſtances, with part of which he has filled an eight ounce phial, and brought it along with him for my inſpection. He feels himſelf materially better, and his appetite is greatly improved.

The 30th. His cough and ſpitting have left him. He has had no pain in his breaſt ſince he got up the blood, purulent matter, and membranous ſubſtances above-mentioned. He can eat and ſleep well, and can bear to work in his farm. Pulſe 82, regular and tolerably full. He looks clear and well in the face; has no returns of his Aſthma; no ſwelling of his legs, nor any ſymptoms of hectic fever; and he can lie with equal eaſe on either ſide.

He was then diſmiſſed cured, and returned to me again in a few weeks to inform me that he continued well. About a year after I

met him riding to York, and upon inquiry after his health, he told me that he had been free from complaint ever ſince, except now and then a little cough and ſhortneſs of breath from taking freſh cold.

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In the caſe of John Moor of Huby, there was a complication of an aſthma, a ſpitting of blood, and a confirmed pulmonary conſumption, in which there was an expectoration of purulent matter, a violent hectic fever, great emaciation, difficulty in lying down, anaſarcous ſwellings of his legs and hands, and a very ſallow unwholeſome appearance in his face, with a circumſcribed redneſs in his cheeks. The only circumſtances in his favor were, that he had no natural ſtraitneſs or deformity in his cheſt, that his mind was tolerably firm, and his ſpirits not much dejected. During his ſtay in the Hoſpital, I gave particular attention to him, that I might know accurately the ſtate of his caſe. But as he was only admitted an in-patient on neceſſity, and as the houſe was evidently too cloſe for him, I adviſed him to be made an out-patient, and directed him to attend upon me at the Hoſpital as often as his ſtrength would permit and he could make it convenient.

Here

Here a critical caſe preſented itſelf, in which the effects of exerciſe on horſeback were to be carefully attended to. Accordingly I have every day mentioned the effect which his journey of nine miles had upon him. At firſt it made him ſpit more blood; then it excited his cough without any ſpitting of blood; and afterwards it agreed very well with him.

His uneaſineſs, anxiety, ſhortneſs of breath, and difficulty of breathing were always the worſt before a diſcharge of blood; but after it had taken place, he found immediate eaſe, which is a common occurrence in theſe caſes, and ſhews a previous congeſtion of blood in the lungs.

His pulſe was always quick from the beginning; but on the 20th of April it roſe to 120, which was very alarming.

On the 4th of May a diarrhæa came on, which ſeemed to relieve him; and, as the anodyne draught was ſufficiently aſtringent, no alteration was made in his medicines.

From this time he recovered faſt; and whenever I ſaw him he generally gave a good account

of himſelf, much better often than I was willing to credit, for my prognoſtic concerning the event of his caſe was very unfavorable. In about three weeks after, an abſceſs broke ſuddenly in his lungs, whence iſſued forth a conſiderable quantity of blood and matter of a fœtid ſmell, which were followed by the diſcharge of a great number of ſkins, ſuch as frequently line the internal ſurfaces of the air-veſſels after inflammation. This diſcharge proved critical, and he continued afterwards to recover faſt every day, and was ſoon diſmiſſed perfectly cured. I ſay he continued to recover after that diſcharge; for it was evident that the beginning of his recovery was many weeks before the breaking of the abſceſs, as the return of appetite and ſtrength, and the diminution of many alarming ſymptoms ſufficiently evinced. During this time nature in all probability was happily employed in making a ſeparation of the diſeaſed parts from the ſound, and in ripening and preparing them for the expulſion which was ſoon after to take place.

I believe the exerciſe, which he was obliged to uſe, was upon the whole of benefit to him, and contributed towards his recovery. The blood evidently proceeded latterly from ſmall veſſels,

veſſels, which encouraged me to permit him to continue his riding; but had any large veſſel been ruptured, that ſtep could not have been taken with ſafety until the parts had been healed.

Exerciſe in ſuch caſes as theſe is much recommended by ſome phyſicians of eminence, and its utility or even ſafety is doubted of by others. The late Dr. Gregory was an advocate for it, and Dr. Cullen (in his public Lectures) ſtill recommends a cautious trial of it in many caſes of Hæmoptyſis. Such great authorities gave me encouragement, and more particularly as I had ſeen gentle exerciſe of ſervice in ſpittings of blood. Indeed the lower kind of people, when under this calamity, are often obliged to uſe exerciſe both walking and riding, or even to follow ſome kind of bodily labor.

But exerciſe in thoſe diſorders ſhould always be tried with great caution, and, where it can be afforded, an eaſy carriage on a ſmooth road ſhould be firſt made uſe of, and then gentle riding on a quiet eaſy horſe. If a little more blood is at firſt ſpit up after exerciſe, that is not to be regarded; becauſe blood, lodged in

in the air-veſſels, is by this means brought up, which rather relieves than injures. If the patient after a ſhort trial of exerciſe feels refreſhed and ſtronger, with a little increaſe of appetite and a diminution of the hectic fever, things are in a favorable way with him, and he is ſufficiently encouraged to proceed. This part of practice is attended with much nicety and difficulty, and requires great caution and diſcernment to purſue it with ſucceſs; for as it may, if properly applied, do much good, ſo, if improperly applied, it may do much miſchief.*

With regard to the reſt of the treatment, we need only juſt add, that the tinctura thebaica, as an antiſpaſmodic and a ſedative, diminiſhed the convulſive contractions of the lungs, leſſened the cough, took off irritation, and appeared to be very beneficial. He followed directions concerning regimen, &c. with punctuality, and found great benefit in ſo doing.

* Dr. George Fordyce's public Lectures on the practice of Phyſic.

CASE

## CASE XXXIII.

*The Convulſive Aſthma in a child ſeven weeks old, complicated with a Spaſmodic Affection of the throat, treated ſucceſsfully with* Tinctura Thebaica, Laxatives, Cool Regimen, *&c. During the cure of the above complaints, he had the Meaſles and Small-pox.*

*ROBERT WATSON*, ſeven weeks old, admitted October 13th, 1777, to be an out-patient at the York County-Hoſpital, has been ill five weeks of his preſent complaints, which have within theſe laſt few days been much worſe. He began with feveriſhneſs, cough, and ſtoppage in his breaſt, ſucceeded by a difficulty of ſwallowing and a crowing noiſe in inſpiration, and he has been growing thinner every day. The child now gets his breath at times with the utmoſt difficulty and anxiety, and crows conſtantly and violently in inſpiration both day and night. His cough is troubleſome, and he is not able to ſuck but with the greateſt uneaſineſs. He has two ſtools every day. His pulſe cannot be felt. The caſe appearing deſperate, the following remedies were ordered in conſultation.

*Applicetur*

*Applicetur emplaſtrum veſicatorium nuchæ.*

℞. *Tincturæ ſuliginis,*
*Elixiris paregorici, ſingulorum, drachmam unam.*
*Miſce. Doſis guttæ ſex bis die.*

The 16th. His cough is bad. The crowing is ſhrill, and continues nearly as before, but not quite ſo conſtant and ſevere. Sometimes the crowing is accompanied with a hoarſe ſound. Sometimes the child ſucks eaſily, and ſometimes very ill, according as he is more or leſs ſtuffed in his breaſt. Body regular. The bliſter anſwered well but was very painful, and his drops occaſion ſickneſs and vomiting.

℞. *Mucilaginis cydoniorum drachmam dimidiam,*
*Syrupi mororum drachmas duas,*
*Tincturæ Thebaicæ guttas quinque.*
*Miſce. Doſis cochlearium unum parvum bis die.*

The 20th. He is at times better and worſe. Coughs and crows much at preſent, and the ſound which is made in inſpiration is ſometimes ſhrill and ſometimes hoarſe. He eats ſpoon-meat with more eaſe than he ſucks, as he has done all along when his difficulty of breathing

breathing was ſevere. The anodyne medicine agrees well with him, he ſleeps better, but is coſtive.

*Continuetur miſtura antiſpaſmodica, & ſumatur miſturæ oleoſæ laxantis † cochlearium parvum unum vel duo pro re nata.*

The 23d. The child is very weak and thin. His pulſe cannot be felt. His crowing is much leſs; it ſometimes ſtops for half a day, and then returns again. He had an eaſy ſtool with the laxative.

November 27th. He eats and ſucks better; crows leſs; ſleeps moderately; breathes eaſier; and his cough is looſer. He takes a tea-ſpoonful and a half of the antiſpaſmodic mixture twice a day, and one tea-ſpoonful of the laxative mixture every day.

On the 3d of November he had another ſevere and dangerous relapſe of the ſame complaint. The ſame medicines were continued, increaſing the doſe of the anodyne occaſionally; and the ſymptoms were much relieved on the 26th. — On the 4th of December his diſorder returned again, but with leſs violence; and in a few



† Vide p. 245.

days he began to recover.—On the 1ſt of January the anodyne was omitted for three nights, and he ſlept much worſe, was weaker, coughed more, and breathed with greater difficulty.—Afterwards he continued to recover faſt, until on the 26th the meaſles began to appear. The ſame remedies were given with ſucceſs.—On the 12th of February, the doſe of the anodyne was increaſed to three tea-ſpoonfuls at night and two in the morning. His mother obſerved that during the cure the operation of the anodyne was not ſo ſucceſsful when he was very feveriſh, as when he was leſs ſo. The laxative anſwered well.—On the 25th of May, the child had the ſmall-pox of a diſtinct kind, and, by the aſſiſtance of the ſame remedies, he got well through them. He had afterwards two gentle doſes of phyſic *, and was diſmiſſed free from complaint on the 18th of June.

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This child was only ſeven weeks old when I firſt ſaw him, and he had been ill five weeks. The ſymptoms of his diſeaſe were extremely ſevere, and the caſe appeared deſperate. Here was a manifeſt complication of an Aſthma, with a ſpaſmodic affection of the larynx. That the

* Hauſtus Senæ pro infantibus.

the lungs were diſeaſed was evident from the cough, ſudden difficulties of breathing, ſtuffing in the breaſt and riſing of phlegm into the throat. During the cure likewiſe, his breathing was ſometimes very difficult and laborious, when he made no crowing noiſe in inſpiration, nor had any ſigns of ſpaſm in the larynx. And that the larynx was affected is equally evident from the changes which took place in the ſound of his voice, being ſometimes hoarſe and ſometimes ſhrill, attended with a crowing noiſe in inſpiration. The fever and great anxiety, under which he labored, were ſymptoms common to both complaints.

How far previous inflammation of the lungs and larynx had laid the foundation for the above complicated diſeaſe, is difficult to determine. But it is highly probable that an obſtruction had taken place in the air-veſſels, in conſequence of an inflammation of thoſe parts, which had been at firſt overlooked and neglected. The efforts of infants in many caſes are very weak and languid, and their greateſt ſigns of diſtreſs are often rather negative than poſitive. Whenever an infant is awake, and yet inattentive to objects around it; when it refuſes the breaſt; when its eyes move heavily; when its

countenance is languid; and it neither cries nor ſtirs its limbs in its uſual manner, the caſe, be it what it may, is attended with danger. But if, to the above feveriſh ſymptoms, we add a troubleſome cough and quick difficult reſpiration, the lungs, as diſſections have fully convinced me, are inflamed.

Now the above ſymptoms, though alarming in themſelves, may not demonſtrate the ſeat and nature of the diſeaſe, nor the neceſſity of early and repeated bleedings to friends and attendants; and conſequently bleeding, which is the beſt remedy, may be neglected, and the poor infant left to ſtruggle on by the mere efforts of nature, through the great miſeries of a highly inflammatory diſeaſe.

With regard to the ſeat of the complaint we may further add, that it is no uncommon thing for inflammation to affect both the lungs and larynx at the ſame time. I once was preſent with a Phyſician at the examination of the body of a woman, who died of an aſthma and conſumption three weeks after delivery, whoſe breathing, both before and after the birth of the child, was extremely difficult, attended with a violent wheezing; and we found not only

only ſeveral large ulcers in the lungs, but a very conſiderable ulcer at the bottom of the larynx. Other diſſections, likewiſe, of a ſimilar nature are related by authors.

Having given this conjecture concerning the firſt riſe of the obſtruction in the lungs and larynx, I muſt now obſerve that that obſtruction was evidently accompanied with a ſpaſmodic affection of thoſe parts, which conſtituted the diſeaſe in that ſtate in which I firſt ſaw it. Bleeding then was out of the queſtion; for the child was very pale, weak, and emaciated, and his pulſe could not be felt. Deſperate, however, as the caſe appeared, it was highly probable that nothing but antiſpaſmodics could afford relief. Accordingly a bliſter and an antiſpaſmodic mixture was ordered; but as the laſt occaſioned ſickneſs, it was altered for another of a ſimilar nature, ſtill preſerving the ſame indication of cure. As the child was afterwards coſtive, a laxative pectoral ſyrup was given, in which there was caſtor oil.

By thoſe two medicines, and thoſe two alone, increaſed in their doſes as circumſtances required, and aided by freſh air and a proper regimen, this poor infant ſtruggled through, not only

only its firſt very alarming complaint, but likewiſe the meaſles and ſmall-pox. Thoſe remedies ſuited each of the above-mentioned diſorders, and, by the continuance of them, the ſpaſms of the lungs and larynx were gradually leſſened and removed, and the violent irritation, neceſſarily attendant on the meaſles and ſmall-pox, was happily diminiſhed.

The cool regimen during thoſe complaints was enjoined and ſtrictly followed. But I am ſorry to ſay from experience, that thouſands of children, even in the preſent improved ſtate of phyſic, are loſt both in the meaſles and ſmall-pox, from the ignorance of parents and inattention of ſervants. The cool regimen is often ordered where it is never applied, and the unhappy patient falls a ſacrifice to the neglect of it. To have the cool regimen applied ſucceſsfully in thoſe caſes, the children ſhould be very cloſely attended to both day and night. By a proper management of fires, doors, and windows, the room ſhould always be kept cool and the air pure. In the night, the ſtate of the bed ſhould be carefully obſerved; for if it be too ſoft, and there be too much covering, the conſequences may be dangerous. Indeed if a child be too hot at nights during the eruptive

fever

fever of the ſmall-pox, that ſingle error may bring out a very copious eruption of the confluent kind, and afterwards defeat every ſalutary end of the cool regimen. Whenever the practitioner does not, during the eruptive fever, attend both morning and evening to ſee the proper execution of his own directions, parents and friends are ſeldom able to find out a proper medium between the two extremes of heat and cold, both of which are found ſo very pernicious. A ſtrong plethoric child, in which the fever runs high, is much ſooner heated to exceſs than a pale thin weakly child. A greater degree of cold therefore is adviſeable in the firſt caſe than in the laſt; and this is one principal reaſon why the moſt healthful children often die in the ſmall-pox and meaſles, when the weak and delicate, in whom it is more difficult to excite an inflammatory fever, recover well.

In ſhort, children, particularly at the beginning of thoſe diſeaſes, ſhould have a mattreſs above the feather-bed, and only that quantity of bedclothes ſhould be made uſe of, which is ſuitable to the ſeaſon, be it a ſingle ſheet, a blanket, two blankets, &c. juſt ſufficient to maintain a moderate uniform degree of warmth

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in the body and limbs. If indeed, during this regimen, the feet of the child ſhould feel a little cooler than the other parts, I think it of no conſequence, having never obſerved any ill to ariſe from it, although I have in many caſes permitted it to paſs without alteration. On the contrary, an anxious attempt to keep the feet warm, has frequently done hurt, by over-heating the face and the reſt of the body.

With regard to the internal obſtructions which took place in the lungs and larynx of this child, it was the buſineſs of Nature to remove them; and her operations, cautiouſly aſſiſted by art, were ſucceſsful. Neither of the medicines ordered could have been omitted; but the antiſpaſmodic mixture, tho' rather aſtringent, was of the higheſt utility, for when the child was without it a few nights, it was evidently worſe, and this happened ſeveral times during the cure. The doſe was gradually increaſed till he took the whole mixture in a day, conſiſting of five drops of tinctura thebaica. This child was admitted a patient on the 13th of October, and he was diſmiſſed free from complaint on the 18th of June, during which time he had gone thro' ſuch a ſeries of ſufferings as few children are expoſed to, or when expoſed to, have ſtrength to ſurvive.

I muſt at the ſame time take notice of the great care and tenderneſs of her mother, and her readineſs to follow directions, ſuch as avoiding tight bandages, impure air, too great heat, ſpirituous liquors, improper food, &c. without which all our endeavors to relieve him would have been fruitleſs, and death the inevitable conſequence. Let the event of this caſe afford encouragement to thoſe parents and practitioners, who are apt to deſpond and give up children too haſtily; for with proper aſſiſtance they will often recover from the moſt violent diſorders of the lungs, although it muſt in general be admitted that none are more fatal.

This complicated malady did not leave the child on a ſudden, but was repeatedly better and worſe, till by perſeverance it was gradually and intirely removed. Sometimes the ſpaſm was more in the lungs and leſs in the throat, and then he ſeemed very much ſtuffed in his breaſt, but made little or no crowing noiſe in inſpiration. Several times I had given up all hopes of his recovery, and expected daily to hear of his death; and as often I had the ſatisfaction of being diſappointed in that expectation. It was a very fortunate circumſtance that the anodyne

agreed ſo well with him; and we began the uſe of it cautiouſly, that we might not have any prejudices raiſed againſt it, in conſequence of too ſevere an operation at firſt.

It is worth remarking, that the child ſometimes could eat better than he could ſuck, and ſometimes would ſuck when he would not eat. The reaſon of this is obvious; for when the ſpaſm of the lungs and larynx was moſt violent, the child could not ſuck, and then the ſtuffing in his breaſt was always ſevere. At thoſe times, therefore, ſpoon-meat made very light and thin, and given in ſmall quantities, became neceſſary. But when the child found that his reſpiration was freer, and that he was able to ſuck (for ſucking requires a conſiderable exertion to make a ſufficient vacuum within the mouth) he always preferred his mother's milk to every other kind of nutriment, and particularly whenever he was afflicted with any feveriſh ſymptoms.

We ſhall conclude this caſe with obſerving, that the bliſter on his back gave great uneaſineſs, a circumſtance worthy of attention. The imminent danger in the preſent caſe, and the obſtinacy and duration of the ſymptoms perfectly

perfectly juſtified the practice which was adopted; but as I have many times ſeen them for ſeveral days together produce violent pain and anxiety, great caution is requiſite, not to apply them too early in the diſeaſe, nor when ſymptoms of irritation run high, which are eaſily diſcoverable by frequent crying, great anxiety and reſtleſſneſs.

## CASE XXXIV.

*The Convulſive Aſthma, complicated with a pulmonary conſumption, ſucceeding an inflammation of the lungs, treated ſucceſsfully by* Tinctura Thebaica, Cordial Mixtures, Laxatives, Country Air, *&c.* *

CHRISTOPHER NOBLE, aged 41, a gardener by trade, a free liver, of an inflammatory habit, admitted a patient at the York County-Hoſpital, January 4, 1781, has been

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* The following note contains a brief but intereſting account of a preceding illneſs which Chriſtopher Noble had early in the ſpring of 1780.

About twelve months ago this man had an inflammation of his lungs and great difficulty of breathing, with a moſt violent painful cough.—When the fever and inflammation of the lungs was abated, a cough, ſtuffing in his breaſt, and ſudden attacks

been ſeverely afflicted with a diſorder in his lungs for ſeven weeks paſt. He has at preſent a violent cough, with a moſt obſtinate ſtuffing in his breaſt and difficulty of breathing, which at times are ſo ſevere that he is ſcarce able to ſpeak. His ſpirits are extremely low and depreſſed; his body greatly emaciated. He is very weak and feveriſh, ſubject to cold and hot fits; his face looks thin and black; his pulſe is ſmall and feeble; body regular; appetite bad; ſleep much diſturbed by his cough and difficulty of breathing; and what he ſpits up

attacks of difficult breathing remained very obſtinate and violent, ſo that, when he endeavored to walk a little, he was often obliged to ſtop for want of breath, and (to uſe his own expreſſion) felt as if he were going to drop down.

He had, during the ſame illneſs, frequent returns of violent pain in his ſtomach and bowels, and blood often came away in his ſtools. If he took any thing that was warm, it always increaſed the pain in his belly. Sometimes he was troubled with a violent pain in his back, and made bloody urine, ſuppoſed to ariſe from the gravel. He frequently had too a gnawing pain and trembling at the pit of his ſtomach, which came upon him ſeveral times in a day. Towards the latter end of his diſorder, his legs ſwelled in an evening and he was reduced to extreme weakneſs.

Thoſe complaints were preceded by a dry ſcabby itching eruption on both his hands a little above the thumb, which gradually diſappeared, as ſoon as he was attacked with the inflammation of his lungs and aſthmatical diſorder.

During

up has all the evident marks of purulent matter.

*Capiat Tincturæ Thebaicæ guttas quindecim omni nocte hora ſomni.*

R. *Emulſ. comm. ſine ſaccharro libram unam,*
*Mannæ optimæ unciam unam & dimidiam.*
*Sumat uncias tres vel quatuor ter die.*

The 8th. He has had four ſtools with the opening emulſion, and his nights are rather eaſier.

*Capiat Tincturæ Thebaicæ guttas viginti omni nocte hora ſomni;—miſturæ cardiacæ unciam unam & dimidiam ter die;—& emulſionis ſolutivæ uncias tres pro re natâ.*

The

During the courſe of this illneſs he was bled three times; and his body was kept open with caſtor oil, infuſions of ſena, Epſom ſalts, &c. He had likewiſe two bliſters, mucilaginous decoctions, tinctura thebaica, gliſters, emetics, flowers of zinc, aloetic pills, decoctions of the woods, and an iſſue in his arm, along with a milk and vegetable diet, pure air and exerciſe on horſeback; by which means he recovered from a very tedious and dangerous illneſs.

When he began to grow better in his internal complaints, the eruption returned again upon the ſame part of his hands, which was ſcabbed, ſwelled, and pit when preſſed upon. When he was warm in bed too, his ſkin frequently itched much and ſmall hardiſh red tumours (which he called lumps) came out, but diſappeared again in the morning. By means of regular exerciſe, pure air, a decoction of the woods and gentle laxatives, thoſe ſymptoms gradually left him in a few weeks, and he was afterwards diſmiſſed free from complaint.

The 11th. He complains that his cough and difficulty of breathing are ſtill very ſevere, and attended with pain in his breaſt. His pulſe is ſmall, weak, and quick. Other ſymptoms nearly as before. His body is regular, and his nights ſomewhat eaſier with the anodyne draught.

*Repetatur ut antea miſtura cardiaca & Tinctura Thebaica.*

*Sumat tincturæ laxantis* uncias duas, vel tres pro re nata.*

The 15th. His difficulty of breathing ſtill continues, with pain in his breaſt, which is increaſed by his cough.

*Repetantur remedia, ſed conſtent ſingulæ doſes Tincturæ Thebaicæ ex guttis viginti & quinque vel triginta.*

The 18th. The cough, expectoration of purulent matter†, difficulty of breathing, hectic fever, &c. are all very bad, with greater bodily weakneſs and waſting of his fleſh.

The

* R. Tincturæ ſacræ,
Tincturæ Rhei vinoſæ, utriuſque, uncias tres.

† I ſhewed the matter ſpit up to two or three Gentlemen of the Faculty, of great experience and obſervation, who were clearly of the ſame opinion.

The 22d. The ſymptoms continue to increaſe.

The 29th. The ſymptoms continue to increaſe; and he is now ſo extremely weak, that he is obliged almoſt conſtantly to keep his bed, or elſe to lie down on a ſquab.

February 1ſt. All the ſymptoms in his breaſt are as bad as ever. He complains too at preſent of a pain in his legs and thighs, and a ſtitch in his ſide.

*Repetantur remedia; & applicetur emplaſtrum veſicatorium lateri dolenti.*

The 5th. The ſymptoms continue very ſevere.

The 13th. He ſays that a little ſmall rum and milk relieves him. His appetite is rather improved; he ſleeps better, and goes out into the air every day. Body regular.

The 19th. He has a violent weakneſs in his hands, a pain in his wriſts, and a ſtitch in his ſide.

The

The 26th. What he ſpits is ſtill in large quantity, and has evidently the appearance of pus. He walks frequently in the open air, and thinks himſelf rather ſtronger, though he complains of a pain in his ankles and knees, and frequently falls down. Appetite better; body regular; but he is much troubled with wind in his ſtomach and bowels.

March 1ſt. He is very weak, and greatly diſtreſſed with pains in his limbs.

The 8th. He has ſevere pains in his ankles, and in ſeveral other parts.

The 12th. He ſpits leſs. Cough and difficulty of breathing ſomewhat abated. He is a little ſtronger, but ſtill totters when he walks.

The 22d. He ſpits leſs purulent matter, and is materially better in his difficulty of breathing and other complaints of his breaſt. He has ſevere pains in his ankles.

April 2d. He has ſevere pains in his thighs, knees, and ankles, which the coldneſs of the weather increaſes. He has been in the country five days; looks better; and what he ſpits is

in

in leſs quantity, and has only the appearance of common phlegm, white, tranſparent, and viſcid.

The 9th. His ſpitting continues, and he gets up ſome phlegm, but little or no purulent matter. Body regular.—Let him omit gradually the uſe of the Tinctura Thebaica.

The 12th. He has ſtill pains in his joints.

The 23d. His health is much better, appetite improved, pulſe ſtronger, and he looks conſiderably fuller in the face. He has been in the country a week, and will return again to-morrow. He has a pain in his ankles, fingers, and thumbs.

May 7. The weather is cold and unſeaſonable. Thermometer 42. He has got ſome freſh cold. His fever, pain in his breaſt, and difficulty of breathing are much increaſed, and his cough is very troubleſome both day and night.

*Mittatur ſanguis ad uncias octo.*

*Repetatur hora ſomni hauſtus anodynus, & ſumatur mane hauſtus ſenæ purgans.*

The 10th. He is not able to attend at the Hoſpital to-day. He has had, ſince the laſt report, a violent pain in his breaſt, ſtomach, and bowels, which the bleeding relieved. The opening draught gave him ſeveral ſtools.

*Mittatur ſanguis ad uncias octo.*

*Repetatur hauſtus anodynus, & ſumatur mane hauſtus ſenæ purgans.*

The 14th. He finds himſelf materially better, and is able to attend at the Hoſpital this morning, which he has not done for ſix days paſt, being obliged to keep his bed. His cough and difficulty of breathing are abated, and expectoration eaſier. The phyſic anſwered well. Pulſe moderate.

*Continuetur hauſtus anodynus.*

R. *Oxymellis ſcillitici uncias duas,*
*Aceti ſcillitici uncias tres. Miſce.*
*Sumat ex quovis vehiculo drachmas tres ter die.*

The 21ſt and 24th. He vomited his ſquill medicine once. His cough and difficulty of breathing are better. He has ſtill a pain in his right finger and thumb.

The

The 31ſt. He has at preſent a pain in his ankles and feet. He walked three miles the other day, but was much fatigued with it. His difficulty of breathing is better, and he has little or no cough or ſpitting.

June 11th. He finds himſelf much recovered. His pulſe is good; he is ſtronger, and looks fuller in the face.—As he grew fuller and more plethoric about the 7th of May before the laſt relapſe, I deſired him to lower his diet, and particularly to be very moderate in the uſe of ſpirituous liquors.

The 18th. He has ſome pain and ſwelling in his ankles, and is feveriſh.

*Continuentur remedia, & repetatur cras mane hauſtus ſenæ purgans.*

The 28th. The phyſic anſwered well; the pain and ſwelling of his legs are much better; and he is not feveriſh. The country agrees with him.

July 2d. He looks well, eats well, and ſleeps well. His cough and ſpitting are intirely removed, except that in a morning he gets up a ſmall quantity of clear phlegm. Pulſe natural.

Body regular. He weeded in his garden yeſterday for four hours, and felt no inconvenience from it, but a little pain and ſtiffneſs in his hams and ankles.—In a few days after he was diſmiſſed cured.

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The caſe of Chriſtopher Noble is one, which preſents to us a ſtriking example of a diſorder of the lungs, that carries thouſands every day to the grave—an aſthma complicated with a pulmonary conſumption in which there was an ulcer of the lungs*. His ſudden fits of difficult breathing at times were ſo ſevere, that he was ſcarce able to ſpeak; and he had an obſtinate cough, with a continual ſtuffing in his breaſt. His ſpirits were low and ſunk; his fleſh very greatly waſted; his face thin and black; pulſe quick and weak; appetite bad; along with reſtleſs nights, a ſtrong hectic fever, and an expectoration of purulent matter. The matter ſpit up was in very great quantity, and of a very bad color,—ſome parts of it opaque, yellow, and conſiderably leſs tenacious than the reſt,—having all the evident external marks of purulency. This fact is ſtill further confirmed, when we conſider that his diſorder was preceded

* Vide Morgagni de Cauſ. et Sed. Morb.

preceded by a violent inflammation of his lungs, in which early bleedings had been neglected. An abſceſs and ulcer of the diſeaſed part was therefore a natural conſequence of the inflammation; for it is well known that in this diſorder the neglect of bleeding for two or three days, is often immediately fatal by gangrene or an effuſion of red blood into the cellular membrane of the lungs, or elſe ends in an abſceſs and pulmonary conſumption, complicated ſometimes with an aſthma, as happened in the caſe before us.

When I ſaw him, the moſt proper time for adminiſtering relief was evidently paſt, and therefore I will be honeſt enough to confeſs, that I had little or no hopes of doing any thing more for him than palliating particular ſymptoms, and rendering his departure out of life ſomewhat more eaſy and compoſed. For this purpoſe I had recourſe to the Tinctura Thebaica, as being, if it agreed with his conſtitution, the moſt likely remedy to give him eaſe; and more particularly, as I had ſeen ſome very deſperate caſes recover during the uſe of it*.

Fortunately

* An eminent Surgeon informed me that opium is given with great ſucceſs in the cure of external ulcers, which fact tends to confirm the opinion here adopted of its extraordinary utility in ſome caſes of pulmonary conſumptions.

Fortunately the medicine (which is not always the caſe) agreed well with him, quieted his cough, procured him better nights, leſſened the ſpaſms of his lungs, and gave him immediate eaſe. At the ſame time, as he was extremely low, weak, and emaciated, he had a cordial mixture of which he was occaſionally to take a few ſpoonfuls when ſick or faint. To obviate coſtiveneſs which the tinctura thebaica might induce, he always had by him a gentle laxative. I recommended to him likewiſe a pure air, a temperate room, a milk and vegetable diet, and permitted him now and then to take a ſmall quantity of freſh animal food when his ſtomach could bear it; for this appeared to me to be one of thoſe caſes of aſthma and conſumption which required a little better ſupport, and in which a very low diet would have been hurtful. I was well acquainted too with his conſtitution, and recollected the extraordinary relief obtained in a preceding illneſs by a critical eruption on his hands *, and therefore was not altogether without expectation of ſome other ſalutary effort of nature to relieve him. He had likewiſe taken at times a little weak rum and milk, and as it agreed with him and he thought it of ſervice to him, I did not forbid it.

* Vide note at page 355.

The

The diſorder in the mean-time made rapid advances, and whenever his wife attended at the Hoſpital, or I ſaw him at his own houſe, he was worſe and worſe, weaker and more emaciated, till at laſt he appeared to be in the very laſt ſtage of a deep conſumption, and, not able to ſupport his own weight, he was continually laid in an horizontal poſture. Notwithſtanding this deplorable ſtate, he found eaſe and temporary relief from his medicines, and was very deſirous of continuing them; and as I knew of no better, I readily complied with his requeſt.

On the firſt of February, at a moment when nothing but death was daily expected, he began to complain much of pains in his legs and thighs, and a ſevere ſtitch in his ſide. His wife afterwards told me, that "he was better in his breaſt and in himſelf", meaning by the laſt phraſe, that he had ſome return of appetite, and that the hectic fever was leſs. Thoſe pains continued, and moved from place to place, and nothing was done, either by fomentation or poultice, to divert the courſe of nature, or to diſturb her ſalutary operations. The ſame mild reſtorative diet, cordial mixture, and anodyne draught (the doſe of the laſt being gradually increaſed)

increaſed) were continued, hoping ſtill to ſupport the patient at this critical juncture; for nothing could be more favorable than an attack upon the joints, and a tranſlation of the diſeaſe to the extreme parts.

From this time he began to recover, and all the ſymptoms of his aſthma and conſumption gradually diminiſhed. His ſtrength returned, he could eat a little food with an appetite, his countenance improved, his blood-veſſels filled and he gained fleſh.—During his recovery he often walked in the open air, from which he found great relief. He afterwards went into the country by my direction, and now and then attended at the Hoſpital. When he did not attend, his wife came for his medicines, which were forwarded to him. About this time I adviſed him to leave off by degrees the tinctura thebaica and cordial mixture, as there was then no occaſion for the conſtant uſe of them.

Thus he continued to recover till the 7th of May; when, contrary to my expreſs directions, he had lived too freely, and either from plethora, from cold, or from both, he complained again of a fever, cough, and difficulty of breathing,

breathing, which ſymptoms were ſoon followed by a violent pain in his breaſt, and in the region of his ſtomach, along with colic pains in his bowels. In this manner the inflammation of his lungs returned ſeverely upon him; but it did not come unexpectedly; for I had forewarned him of it, and deſired that, if he had any freſh attack of inflammation, I might be ſent for immediately. From obſervation in other caſes, I had remarked, that it was very unſafe to fill the blood-veſſels too quickly after an aſthma and conſumption, or any other violent complaint of the lungs, as nothing favors relapſes more than plethora, and eſpecially when there is a ſtrong tendency in the conſtitution to local inflammation. I have ſeen many caſes of pulmonary complaints of an inflammatory nature, into which patients have relapſed, as ſoon as they began to recover their former good looks and to ſhew ſigns of plethora.

To remove this freſh attack of inflammation, Chriſtopher Noble was immediately bled, and the bleeding was afterwards repeated. His body at the ſame time was kept open by gentle laxatives; for as he was ſubject to coſtiveneſs, colic pains, and bloody ſtools, the utmoſt caution was requiſite to the ſtate of his bowels.

By thoſe remedies thus timely applied, along with a proper regimen, the violence of the internal inflammation was ſoon removed. Nature freed from her oppreſſive load, made another effort to relieve him; the pains and ſwellings of his joints returned; and, with a more moderate diet * and the treatment mentioned in the caſe, he was ſoon after reſtored to perfect health.

From this man's recovery we are taught never to deſpair in aſthmatical and conſumptive diſorders, but to believe that while there is life there is hope; and tho' medicine alone cannot effect a cure, yet nature, aſſiſted by proper means, may do great things for us, even in caſes apparently deſperate.

We learn too that great caution is requiſite in the removal of pains in the joints, which are often critical and of the greateſt ſervice to the conſtitution, freeing it from ſevere internal complaints. Daily experience convinces us of the

* When he was very low and weak, I recommended a reſtorative diet; but when he grew better, he carried my advice to exceſs, began to be plethoric, and to look red in the face and full of blood. At this period of his diſorder, therefore, I was obliged to alter my firſt directions, and to deſire him to lower his diet.

the truth of this aſſertion, and too often we ſee phrenſies, inflammations of the lungs, violent pains and palpitations of the heart, and excruciating torments in the bowels, brought on from the haſty repulſion of pain and inflammation in the joints and external parts *. In theſe caſes great attention ſhould be had to the ſtrength and condition of the patient's conſtitution, and to the previous diſorders to which he may have been ſubject; and, if any fever or internal chronical complaint be eaſier ſince the commencement of the external pains †, time



* We are likewiſe taught by his former illneſs, (vide note page 355 at the beginning of this caſe) how very cautious we ſhould be in uſing externally any repellent applications in cutaneous eruptions, at leaſt till we are perfectly ſure of their nature and tendency, and, by an efficacious courſe of medicine, have got the conſtitution into a proper ſtate. I have in ſeveral inſtances ſeen the moſt dreadful conſequences ariſe from the imprudent repulſion of cutaneous eruptions, ſuch as fevers, palſies, apoplexies, inflammations of the lungs, and dyſenteries with ſevere pain and bloody ſtools.

† In the caſe of Chriſtopher Noble, the pains in the joints and muſcular parts ſeemed to be what Phyſicians have called a rheumatic gout, (vide Sauvages Noſol. vol. 2. page 21.) or a complication of gout and rheumatiſm. Practitioners in medicine have generally been much more upon their guard in the firſt than in the latter diſeaſe; but I am fully convinced from many caſes diſtinctly marked, that equal caution is ſometimes requiſite in the rheumatiſm, which by improper treatment may eaſily be driven from external and fixt on internal parts.

ſhould be allowed, and all repelling applications ſtudiouſly avoided, as being of a moſt dangerous tendency.

## CASE XXXV.

*The Convulſive Aſthma, complicated with a ſpitting of blood, cured by* Muſk, Blood-letting, *&c.*

MR. ——, aged 30, February 6, 1784, ſubject to an aſthma, has a bad cough, hoarſeneſs, difficulty of breathing, and pain in his breaſt. He ſpits up much phlegm, particularly at nights, and it is mixt with blood. He has been ill about a month of his preſent complaint, which was preceded by a violent pain in his head. His difficulty of breathing, for about ten days paſt, has been more ſevere than uſual, eſpecially in the afternoon and the beginning of the night, ſo that he was then ſcarce able to ſpeak. The quantity of blood ſpit up is ſometimes conſiderable, attended with a troubleſome cough. His body ſwells with wind, and he is coſtive. His pulſe is quick, weak, and irregular, and he is feveriſh at times. A milk-diet was adviſed along with the following remedies.

*Mittatur*

*Mittatur ſanguis ad uncias octo.*

*Miſturæ ſpermatis ceti cochlearia duo vel tria ter die; — hauſtus anodynus hora ſomni; — & miſtura ſalis cathartici amari cras mane ſumatur.*

The 9th. His blood is ſizy. The phyſic operated gently. The ſpitting of blood is much abated. Other ſymptoms continue as before, and his aſthmatic fits are ſevere.

*Omittatur miſtura ſpermatis ceti & hauſtus anodynus.*

℞. *Moſchi puri pulverati grana octo,*
*Mucilaginis gummi Arabici ſemi-drachmam,*
*Aquæ fontanæ drachmas decem,*
*Aquæ cinnamomi ſpirituoſæ ſeſqui-drachmam,*
*Sacchari albi grana quindecim.*

*Miſce ſecundum artem, & fiat hauſtus ter die ſumendus.*

The 11th. He coughed much laſt night, and was ſick with his muſk-draught. Body bound; appetite moderate; pulſe not weak. He has little or no fever. Other ſymptoms as before.

*Repetatur hauſtus antiſpaſmodicus, & ſumatur pro re nata electarii ſolutivi drachma una hora ſomni.*

The

The 16th. His cough is better, expectoration eaſier and without any mixture of blood, and his aſthmatic fits much abated. He is not ſick with his medicine. His body is regular with the electuary, a tea-ſpoonful of which taken every night gives him an eaſy ſtool.

*Repetatur hauſtus antiſpaſmodicus, ſed conſtent ſingulæ doſes ex moſchi puri granis duodecim.*

The 20th. A few days ago he was bled again for a pain in his breaſt, and had a large iſſue ſet in the back of his neck. He afterwards continued to take the remedies for three weeks longer, during which time he had ſeveral returns of his Aſthma, but they were gradually leſs and leſs, and on the 9th of March he was perfectly free from complaint.

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There is no doubt but that muſk, when it is obtained pure and unadulterated, and the patient is able to take it, is an uſeful antiſpaſmodic in the convulſive Aſthma. But as it is ſold at a very high price, it is often much adulterated, and is with difficulty procured genuine. The taſte and ſmell of it likewiſe is very offenſive to many aſthmatic patients, in whom

whom the nervous ſyſtem is irritable. From theſe cauſes we are frequently diſappointed in our expectations concerning its efficacy. In order to render it the moſt uſeful, it ſhould be given in a doſe of ten, fifteen, or twenty grains. In the caſe before us we could not increaſe the quantity of the muſk materially, as the patient was ſick with the doſe that was at firſt preſcribed.

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## CASE XXXVI.

*The Convulſive Aſthma, cured by* Muſk, Laxatives, *&c.*

MRS. —— aged 31, March 10, 1784, has been at times afflicted with an Aſthma for near three years. She has had a bad cold for a month paſt, and her Aſthma for ſeveral nights has been very ſevere. The fit comes on about twelve or one o'clock at night, and continues violent for two or three hours, attended with wheezing and difficulty in lying down. When the fit abates ſhe gets up ſome tough, thick, yellow phlegm, and then her breathing becomes free. She looks pale and thin. Body bound. Pulſe low. Great thirſt,

parti-

particularly at nights. She has had no menſes for ſeven weeks paſt, but was regular before. She is much troubled with wind and ſwelling of her ſtomach and bowels. Her complaint often comes on before rain, and is worſe in cold weather than warm.

*Applicetur emplaſtrum veſicatorium nuchæ.*

*Capiat Julepi Moſchi uncias duas ter die; & pro re nata hora ſomni pilulas aloeticas duas vel tres, cum olei olivarum uncia dimidia.*

The 17th. She has one or two ſtools a day. Her cough and breathing are ſomewhat better. Let her have an iſſue ſet in her thigh.

*Continuentur medicamenta, ſed augeatur gradatim doſis julepi moſchi.*

The 22d. She takes three ounces and a half of her muſk julep three times a day, and it makes her very ſick in a morning faſting. She has little or no return of her difficulty of breathing at nights, and ſhe can now bear to walk out and uſe exerciſe better than ſhe did; but quick walking is ſtill too much for her. She expectorates freely with her cough, and the phlegm is clearer and thinner.

*Sumat hauſtum emeticum veſpere.*

R. *Moſchi*

R. *Moſchi puri grana ſex,*
*Conſervæ cynoſbati drachmam unam,*
*Syrupi balſamici, quantum ſatis.*
*Miſce, fiat bolus ter die ſumendus.*

April 6. The vomit relieved her. Her body is regular. Menſes preſent. Medicines agree, and ſhe finds herſelf much better. Her cough and ſpitting is almoſt gone; her breathing is eaſy, and ſhe ſleeps well at nights. She recovers ſtrength, and her looks are much improved.

*Hauſtus ex decocti corticis Peruviani unciis duabus, & aquæ cinnamomi ſpirituoſæ drachmis duabus ter die ſumatur.*

The 11th. She has no complaint.

## CASE XXXVII.

*The Convulſive Aſthma, complicated with Hyſteric Fits and Obſtruction of the menſes, cured by* Caſtor, Tinctura Thebaica, Blood-letting, *&c.*

ANN WOOD, a ſervant, aged 25, admitted at the York County-Hoſpital, February 12, 1781, had the meaſles laſt ſummer, and has never recovered her health ſince. She complains of a cough and difficulty of breathing,

but the laſt is far the worſt and moſt troubleſome ſymptom. It comes on by fits two or three times a day, and then ſhe is unable to ſtir. She breathes with tolerable eaſe at preſent, but her aſthma was very bad yeſterday. Her complexion is florid, habit rather full, and ſhe is ſubject to hyſteric fits. At times too ſhe has an univerſal puffy ſwelling of her fleſh, particularly of her hands and feet towards night. Her ſtomach is often painful and much diſtended with wind. Her body is bound, her nights diſturbed, and ſhe has only had her menſes twice ſince ſhe had the meaſles.

*[illegible]ei optimi pulveris grana decem,*
*[illegible]nſervæ cynoſbati ſcrupulos duos.*
*Syrupo balſamico fiat bolus ter die ſumendus.*

*Decocti mucilaginoſi cochlearia tres ter die,—hauſtus anodynus hora ſomni,—& miſturæ purgantis unciæ quatuor cras mane ſumantur.*

The 15th. She had two ſtools with her phyſic; was ſick with her bolus; and has a pain at her ſtomach to-day. Since the laſt report, ſhe has had a difficulty of breathing every night from twelve o'clock till two, at which time it began to abate, and ſhe was quite free from it at four.

Her

Her cough is better, and ſhe gets up a little phlegm, particularly in a morning. She had an hyſteric fit yeſterday, in which ſhe breathed very ſhort and with great difficulty.

*Fiat venæſectio ad uncias octo.*

*Repetantur miſtura mucilaginoſa, hauſtus purgans, & hauſtus anodynus ut antea,—& bolus e caſtoreo ex pulveris caſtorei granis ſeptem pro doſi.*

The 19th. Her cough and difficulty of breathing are ſomewhat better; ſhe is not ſick with her medicines; her phyſic anſwered, and the bleeding relieved her. She has had no more hyſteric fits, and has much better nights, but is troubled with a bad head-ach.

*Continuentur miſtura & hauſtus anodynus,—& repetatur bolus, ſed conſtent ſingulæ doſes ex pulveris caſtorei granis decem.*

The 22d. Her difficulty of breathing is much better, and ſhe ſleeps well in the night. She has now and then a ſlight fit of her aſthma in the day-time. Her head-ach continues, and ſhe is ſick with the bolus, but has no return of her hyſteric fits. Her body is regular, and the ſwellings of her hands and feet, &c. are much diminiſhed.

*Capiat decocti Corticis Peruviani uncias duas ter die.—Omittantur alia remedia.*

The 26th. She is much troubled with headach and ſickneſs; but has no ſtuffing at her breaſt nor difficulty of breathing; and her medicines agree well with her.

March 1ſt. Her head ach and ſickneſs are better.

The 12th. No complaint. Let her be diſmiſſed.

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The ſymptoms, which this patient labored under in her complicated ſtate of an aſthma, hyſteric fits, obſtruction of the menſes, and ſtomach complaints, with puffy ſwellings at times in moſt parts of her body, conſtitute a diſeaſe, the appearance of which is not unfrequent among young women of relaxed irritable habits. The meaſles in this caſe had, from the neglect of bleeding, left the lungs very much obſtructed, which had probably laid the foundation of her diſorder.

It is obſervable in the caſe of Ann Wood, that ſhe had a cough, but that the difficulty of breathing was far the moſt troubleſome and diſtreſſing ſymptom, which is a very common occurrence in this complaint. The fits of her aſthma recurred

curred ſeveral times in twenty-four hours, and, though ſhort, were very ſevere. I gave this woman two antiſpaſmodic remedies, the powder of Caſtor and Tinctura Thebaica, which ſeemed to have a good effect, not only in taking off the complaint of the lungs, but alſo in removing the pain of her ſtomach and hyſterical ſymptoms. The univerſal ſwellings, which were œdematous, aroſe from the obſtructed reſpiration, and irregularity of the menſes; but indeed either cauſe alone is often ſufficient to induce it. As ſoon as ſhe began to recover, that ſymptom diſappeared along with the reſt. She grew at laſt very tired of the caſtor bolus; and as ſhe had given it a fair trial and it ſeemed to have had a good effect, I ordered a decoction of bark to ſtrengthen her conſtitution and compleat the cure. Caſtor, though it was of ſervice to this patient, is not a favorite medicine of mine in the aſthma; for it has often diſappointed me, and patients are apt to nauſeate the taſte and ſmell of it ſo much, that they are with difficulty perſuaded to continue it for a ſufficient length of time. Beſides, on account of the great price it bears, it is equally as liable as muſk to undergo every poſſible degree of adulteration.

CASE

## CASE XXXVIII.

*The Convulsive Asthma, complicated with the Gout, cured by* Camphor Julep, Laxatives, &c.

MICHAEL BLADES, aged 52, admitted a patient at the York County-Hospital, January 13, 1783, has a very bad cough, which is preceded by a severe fit of difficult breathing, particularly when he first wakes in a morning. He has been a hard drinker. His complexion is pale and dark. He had the gout in his hands and feet about a week ago, but as that left him, his cough and other pulmonary complaints grew worse. He has been subject to the gout for many years, which generally attacks his great toes and wrists of his hands, producing pain, swelling, and redness. Pulse moderate, body regular, appetite but indifferent. He has frequently rubbed his joints, when in the gout, with a mixture of several oils. This last time that the gout was in his hands and feet, he rubbed the parts affected with those oils before his lungs became diseased.

*Lohoch sanantis cochlearium unum sæpe in diem,—rhei pulveris & magnesiæ albæ, utriusque, scrupulus unus pro re nata,—& Julepi e Camphora uncia una & dimidia bis die capiatur.*

The

The 16th. His difficulty of breathing is ſomewhat eaſier; cough leſs violent; and he ſpits up more phlegm. The powder anſwered very well in opening his body, and he was not ſick with his Camphor Julep. He has had no return of the gouty pains in his joints.

*Repetantur medicamenta, ſed augeatur doſis Julepi e Camphora ad uncias duas bis die.*

The 19th. He continues to recover.

*Augeatur doſis Julepi e Camphora ad uncias tres vel quatuor.*

February 3d. He is free from complaint. He has latterly taken four ounces of the camphor julep twice a day, and found it had a better effect in a larger doſe.

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This is a caſe which one frequently meets with in practice,—the gout leaving the extremities, falling upon the lungs, and producing ſpaſms in the air-veſſels with pulmonary obſtructions. Being a hard drinker, he was conſequently expoſed to one powerful cauſe of the gout, eſpecially in ſuch a conſtitution as his, which has ſeveral ſtriking marks of the gouty temperament. He is of a warm paſſionate

temper,

temper, with a coarſe-grained ſkin and dark complexion. He had by him a favorite preſcription of five different oils, with which he was accuſtomed to rub his hands when they were ſwelled and inflamed—a practice capable of inducing the very worſt effects. During this laſt attack, when the gout was in his feet, he had recourſe to his oils, which drove it immediately to his lungs, and produced the above-mentioned dangerous ſymptoms. Being too weak to bear bleeding, I preſcribed for him the Camphor Julep and an occaſional laxative. As the gout had left his extremities, and he was ſubject to violent ſpaſms and colic pains in his ſtomach and bowels, it became very neceſſary to keep his body open with a view to prevent any attack of the gout upon thoſe parts. The Camphor Julep, particularly when given in a larger doſe, had in this caſe a better effect than I ever remember to have obſerved before. It is a very nauſeous medicine, and few patients can be perſuaded to take it in proper quantity for a ſufficient length of time. For this reaſon many preſcribe camphor in the form of pills in preference to any other form; being cautious only to make them of a nature readily ſoluble in the ſtomach, that they may not paſs undiſſolved through the alimentary canal. Given in too large a

doſe,

doſe, it is well known that camphor is poſſeſſed of deleterious powers, which have been productive of dangerous conſequences.

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## CASE XXXIX.

*The Convulſive Aſthma, cured by* Ether, *&c.*

MRS. ——, aged 53, December 24, 1777, has had a violent pain in her ſtomach and bowels, which are often much diſtended with wind. Her conſtitution is weak, pulſe low, and her fleſh conſiderably waſted. Thoſe complaints were ſoon relieved by gentle laxatives, tinctura thebaica, and a d[redacted]rk. Afterwards ſhe was gradually ſeized with a cough and ſpitting, along with a ſtitch in her ſide and ſudden attacks of ſhortneſs of breath, which laſt ſymptom continued for an hour or longer, and was accompanied with the ſenſation of a great weight laid upon her breaſt. For the removal of thoſe complaints, ſhe took gentle laxatives, tinctura thebaica, and camphor julep. Theſe remedies not relieving her aſthmatic fits, they were changed on the 24th of January for the Vitriolic Ether, eighty or ninety drops of which were taken in a little water three times a day.

February 4th. Her difficulty of breathing is much relieved; body regular; cough ſtill troubleſome, but rather leſs ſo than it was; expectoration eaſier.

The 7th. Her cough is better as well as all the other ſymptoms.

The 15th. Her difficulty of breathing is entirely removed, and ſhe has little or no cough remaining.

Ether is one of thoſe medicines that ſometimes gives ſudden and unexpected relief in ſlight [redacted] caſes of the aſthma, but often diſagree[redacted] patients, and diſappoints us in long and dangerous caſes, for which reaſon it is not much to be depended upon.

## CASE XL.

*The Convulſive Aſthma, cured by* Aſafetida, *&c.*

MRS. ——, aged 23, January 5, 1782, has an Aſthma attended with a troubleſome cough, and a copious expectoration of thick viſcid phlegm. She is thin and pale; her body is either looſe or bound, but ſeldom regular;

gular; and ſhe is ſubject to ſevere attacks of the colic which bring on fainting fits. Her pulſe is weak and ſmall; her legs ſwell towards evening; her breathing during the aſthmatic fit (which comes on ſuddenly, but at no ſtated times) is very difficult, and continues ſo for ſeveral hours.

*Capiat tincturæ rhei aquoſæ uncias duas vel tres pro re nata.*

R. *Aſæ fœtidæ ſcrupulos duos,*
*Aquæ fontanæ uncias tres cum ſemiſſe,*
*Aquæ cinnamomi ſpirituoſæ unciam dimidiam,*
*Saccharri albi drachmam unam.*
*Miſce. Doſis uncia una ter die.*

The 9th. Her breathing is freer; expectoration eaſier; pulſe moderate; body regular; and ſhe has no return of the colic. She is ſometimes very ſick with her mixture.

R. *Aſæ fœtidæ drachmam unam & dimidiam,*
*Saponis duri ſemidrachmam,*
*Olei aniſi quantum ſatis.*
*Miſce, fiant pilulæ, ſingulæ granorum quinque. Capiat æger duas vel tres ter die.*

The 15th. The pills agree with her and ſhe continues to recover. The phlegm which ſhe gets up is clearer and thinner, and ſhe looks better in the face. She took a ſmall doſe of the tincture of rhubarb yeſterday, which anſwered very well.

The 25th. She has no returns of her aſthma nor ſwelling of her legs, ſhe looks clear and well in her complexion, and can now bear to walk out and uſe gentle exerciſe.

Aſafetida, when it agrees with the ſtomach, is ſometimes an uſeful remedy in the Aſthma; but if it does not give immediate relief, it is ſoon apt to become offenſive to the patient both from its taſte and ſmell, and likewiſe to riſe up with wind from the ſtomach, and cauſe a continual diſagreeable taſte in the mouth. When it agrees, it is antiſpaſmodic, ſtimulant, and rather opening.

CASE

## CASE XLI.

*The Convulsive Asthma, of seven years standing, relieved by* Flowers *of* Zinc, Musk, *and* Valerian.

JOSEPH BEAL, aged 16, thin, pale, and narrow in the chest, admitted an out-patient at the York County-Hospital, November 19, 1781, has had an Asthma for seven years, which returns once in two, three, or four weeks, and continues violent for two or three days, and sometimes for six or seven. The fit of the asthma is often preceded by a head-ach. He has a troublesome cough, particularly when the fit is abating, and he then spits up much phlegm of a yellowish color, mixt with a great deal of froth. His cough at present is very violent. He has a pain in his breast under the sternum when the fit is upon him, along with great difficulty of breathing, and constant wheezing. Body regular. Little or no thirst. Pulse small, weak, quick, and irregular. When the fit goes off, his breathing becomes free and natural, and his cough gradually abates. Sometimes his asthmatic fit is the most severe about noon, and

rather

rather remits of its violence in the night. During the fit he has no appetite, but takes a little tea or any other light thing in ſmall quantity. His nights are very reſtleſs and uneaſy. His cough is often the worſt in a morning, and continues ſevere for above an hour. The act of inſpiration and expiration is ſlow, when the aſthmatic fit is upon him, but the number of inſpirations and expirations in a minute is at that time greater than natural.

*Sumat ter die pulverem ex Florum Zinci granis octo & Gummi Arabici granis quinque, — & julepi cardiaci uncias duas.*

*Capiat pro re nata electarii ſolutivi drachmam unam.*

The 22d. He is not ſick with his powder. His breathing is free. He has no pain in his breaſt, and little or no cough. A ſmall teaſpoonful of his electuary at night gives him a ſtool or two.

*Repetantur remedia, ſed augeatur doſis Florum Zinci ad grana duodecim.*

*Sumat alternis noctibus electarii ſolutivi drachmam unam.*

The 26th. He continues better, but is rather ſick with his medicine.

December

December 23d. He has had a fit of his aſthma which laſted near a week, and he is ſtill ſomewhat ſtuffed in his breathing. He took his powders in the fit and they agreed with him very well.

The 27th. He has continued the powders regularly, which ſometimes make him ſick. He had a return of his aſthma on the 23d, but it laſted only two days, and was much milder than uſual.

January 7th. He has had no return of his aſthma.

*Continuentur remedia ut antea, ſed augeatur doſis Florum Zinci ad grana quindecim.*

The 22d. He has had a fit of his Aſthma which continued for three days, and his cough was very ſevere. He was then made an in-patient on the 31ſt, and had no return of his diſorder till the 18th of February. Afterwards he had another fit of his Aſthma, in which he breathed with great difficulty; coughed at times conſiderably; wheezed much; ſpit up a thick frothy phlegm; had no appetite, and but very little ſleep; and his pulſe was quick, weak, ſmall, and irregular. He was ſick with his powder

powder this morning, and vomited a conſiderable quantity of phlegm which relieved him. The paroxiſm as uſual was preceded by headach.

February 2d. His fit began to abate the day after I ſaw him, but it is not entirely gone yet. He ſtill ſpits up much phlegm. He ſays this fit was ſhorter than the laſt. His nights are greatly diſturbed in the fit, but he ſleeps a little. Appetite ſomewhat better; body regular.

March 24th. During the whole of this time, which is above ſeven weeks, he continued free from his aſthma, had a good appetite, and began to look fuller and better in the face. His powders in general agreed well with him, tho' now and then they made him ſick, for which reaſon the doſe of the flowers of Zinc was reduced to twelve grains. To-day he is ſtuffed in his breaſt, and has a tickling cough.

*Fiat venæſectio ad uncias octo.*

*Cras mane capiat, ex proprio vehiculo, tartari ſolubilis drachmas decem.*

*Continuentur remedia antea præſcripta.*

The 25th. His blood is ſizy. He had five ſtools with the ſoluble tartar. He had a fit yeſterday,

yesterday, but it has almost left him, and he expectorates freely a white frothy phlegm with his cough.—On the 22d of April he had a slight return of stuffing in his breast attended with an irregular pulse, which was a prelude to a fit on the 25th *, that continued only for a short time and was still milder than usual.

On the 5th of May, his breathing being easy and his cough moderate, I omitted the Flowers of Zinc, and ordered him the following bolus.

*Sumat bis die bolum ex moschi puri granis decem & conservæ rosarum drachma una.*

*Omittatur pulvis ex Floribus Zinci, sed repetatur ut antea julepum cardiacum & electarium solutivum.*

The 9th. He was sometimes sick with his bolus, and vomited once with it. His breathing continues free and his cough better.

The 23d. He has vomited the bolus several times. His breathing still continues free, but his cough is rather worse.

*Capiat, ex quovis vehiculo, pulveris radicis valerianæ sylvestris drachmam unam ter die.*

*Omittatur bolus, sed repetantur alia remedia.*



* Applicetur emplastrum vesicatorium parti dolenti.

June 10th. He had a ſlight return of his Aſthma on the 6th, but his breathing is now free and natural, and he has no complaint except ſome remains of his cough, which is however attended with an eaſy expectoration. He was then diſmiſſed much relieved, and returned home into the country with full directions concerning regimen. In ſix months after he, along with his father, called upon me at York, and told me that he had continued free from his complaint ever ſince he left the Hoſpital. His brother afterwards brought me a letter in which is the following paſſage.

*Hackneſs, June* 18, 1783.

——— "Pray give my humble reſpects to "Dr Withers, unto whom I owe ſo many obli- "gations, and let him know that I have had "ſome little return of my diſorder, but nothing "of any conſequence as I had before I came "to him. But I could wiſh that I had but the "opportunity, I would come to York and ſhow "myſelf to him, as it would only be my duty "to do, as I am informed he has aſked ſeveral "times concerning me. I deſire therefore that "you will let him know as ſoon as poſſible."

PART

# PART V.

# CASES of ASTHMA,

CURED BY

# JAMES's POWDER

AND THE

# PERUVIAN BARK.

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## CASE XLII.

*The Convulsive Asthma, complicated with a Fever, Catarrh, and Rheumatism, cured by* James's Powder, Tinctura Thebaica, *&c.*

MR. ——, aged 24, February 17, 1780, of a weak constitution, has labored under his present complaint for a month past; the symptoms of which are feverishness, headach, thirst, loss of appetite, cough, pain in

his breaſt, ſtraitneſs about the pit of his ſtomach and difficulty of breathing. The difficulty of breathing is not conſtant, but ſometimes increaſes ſuddenly to a violent degree, and continues in that ſtate for ſeveral hours, then leaves him again, and his reſpiration becomes free and natural. His pulſe is quick and low; body bound; he expectorates but little; and has ſevere rheumatic pains in his ſhoulders, elbows, &c. Let him live chiefly on a milk and vegetable diet.

R. *Olei olivarum optimi drachmas ſex,*
*Aquæ fontanæ mollis uncias tres,*
*Aquæ cinnamomi ſpirituoſæ unciam dimidiam,*
*Syrupi balſamici drachmas tres,*
*Spiritus cornu cervi optimi guttas triginta.*

*Miſce ſecundum artem. Sumat æger unciam unam quinta quaque hora.*

*Capiat omni nocte hora ſomni hauſtum anodynum ex Tincturæ Thebaicæ guttis viginti, & Pulveris Jacobi granis ſeptem.*

The 19th. The phyſic operated well. His cough and difficulty of breathing are eaſier, but his rheumatic pains are ſtill ſevere. He is not ſick with his draught at bed-time, and his feveriſhneſs is much abated.

The

The 23d. He continues much better in his aſthmatical complaints, but his rheumatic pains are ſtill troubleſome.

*Repetantur remedia; & cras mane ſumantur hau. ſtus ſenæ purgantis unciæ quatuor.*

The 27th. He has had no return of his Aſthma; and is leſs ſeverely afflicted with his rheumatic pains. His appetite is improved, body regular.

March 3d. After this time he had no more returns of his aſthma, but his rheumatiſm continued for ſome weeks longer, affecting ſeveral different joints and muſcular parts, and once it fixed ſeverely on his eyes, occaſioning a violent inflammation; but by a continuance of the remedies above-mentioned, along with leeches, laxatives, bliſters, fomentations, &c. the rheumatic pains were removed; and by the bark, country air, and cold bathing, his conſtitution was afterwards ſtrengthened, and the cure compleated.

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This patient was afflicted with a catarrh, aſthma, and rheumatiſm, accompanied with ſeveral feveriſh ſymptoms. His conſtitution was

was weak and relaxed, and yet he was troubled with inflammatory diſeaſes — a caſe which frequently occurs in practice. With a complication of maladies like this, Dr. James's Powder and the Tinctura Thebaica occurred to me as proper remedies, and the event proved their utility. The fever, catarrh, and aſthma were ſoon cured; but we found more difficulty in removing the rheumatic pains. Theſe, however, were at length overcome by a continuance of the ſame remedies.

It is difficult to account for the various attacks made by the rheumatiſm in this caſe; for it appeared even in the inflammation of his eyes. But though we cannot fully explain the fact, yet it is certain that no diſorder of the human body ſhews itſelf in a greater variety of parts than the rheumatiſm; for there is ſcarce any part, whether internal or external, on which it has not been obſerved to fix.

This ſtate of body, in which the rheumatiſm moves from place to place, is generally attributed at its firſt riſe to an inflammatory ſtate of the veſſels or (in other words) to an increaſed tone of the arterial ſyſtem; and perhaps there is no more probable ſolution of the difficulty.

Some

Some add a ſcorbutic humour in the blood; but this, comparatively ſpeaking, is only evident in few caſes, and totally abſent in many; whereas an inflammatory ſtate of the arterial ſyſtem is always preſent. Atony or want of tone in the veſſels of the diſeaſed parts is frequently obſerved afterwards to prolong the complaint, when, by the cool regimen, proper remedies, and the duration of the diſeaſe, the inflammatory ſtate is removed. Hence we have the atonic rheumatiſm as well as the atonic gout, in which the veſſels of the parts affected are weaker and more relaxed than natural, and, in conſequence of a languid circulation of the blood, the parts themſelves feel cold to the touch *. Bleeding in the caſe of Mr. —— could not, on account of his bodily weakneſs, be adviſed, but gentle laxatives, a ſaline oily emulſion, and proper regulations of diet were uſeful.

* Cullen's Public Lectures on the Practice of Phyſic.

CASE

## CASE XLIII.

*The Convulsive Asthma, along with a Fever and general œdematous Swellings, cured by* James's Powder, Tinctura Thebaica, *&c.*

MRS. ——, aged 28, November 12, 1784, complained some time ago of a violent pain in her head, with pain and tension of her belly, and swelling of her legs. After the removal of those symptoms, she had a weight and swelling at the pit of her stomach, shortness of breath, head-ach, feverishness, bad nights, universal œdematous swellings, and a quick weak pulse; and on the 24th, she was suddenly seized with a violent wheezing and difficulty of respiration, attended with fever, cough, scanty expectoration, head-ach, thirst, painful inspiration, &c. These symptoms had continued near three days before I saw her. She had had no return of the menses for six months past. Yesterday she lost eight ounces of blood from the arm.

*Capiat misturæ spermatis ceti unciam unam & dimidiam ter die; etiamque haustum anodynum ex tincturæ thebaicæ guttis viginti, & Pulveris Jacobi granis septem, omni nocte hora somni.*

The

The 23d. She breathes much better. Her draughts have agreed well with her. She has perſpired freely, her feveriſhneſs is diminiſhed, and her ſkin feels ſoft and moiſt. She has eaſy nights, her pains are abated, body regular.

On the third of December, five grains of James's Powder in a bolus were ordered to be taken in a morning, and the other remedies continued as before.—Her menſes ſoon after returned; and by means of the bark, country air, and gentle exerciſe, ſhe recovered her ſtrength, and was freed from her pains, œdematous ſwellings, cough, and difficulty of breathing.

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## CASE XLIV.

*The Convulſive Aſthma, along with a Catarrh, cured by* James's Powder, *&c.*

MRS. ——, aged 31, December 28, 1783, has a ſevere cough, hoarſeneſs, and ſtuffing in her breaſt, of five weeks ſtanding, attended with ſudden attacks of difficult breathing, which continue for ſeveral hours at a time, till ſhe is quite ſpent, and almoſt at the point of fainting. She has been bled with-

out relief. Her face is pale, and ſwelled in a morning after her aſthmatic fit. She can ſcarce bear to lie down in bed, and her nights are greatly diſturbed; her appetite is but indifferent; pulſe ſmall; body regular; and ſhe has little or no expectoration.—For thoſe complaints ſhe had a vomit and ſpermaceti-mixture; but as the ſymptoms were found to continue, ſhe took on the ſecond of January a bolus twice a day, in which there were ſeven grains of James's Powder.

January 5th. She was ſick with her bolus and ſometimes vomited. Her difficulty of breathing is eaſier, but her cough is ſtill ſevere. She had her menſes laſt week.

*Repetatur miſtura ſpermatis ceti; & continuetur bolus, ſed conſtent ſingulæ doſes ex Pulveris Jacobi granis quinque.*

*Sumat cras mane hauſtus ſenæ purgantis uncias tres.*

The 19th. She has no cough, her breathing is natural, countenance clearer, appetite improved.

CASE

## CASE XLV.

*The Convulſive Aſthma, complicated with an Abſceſs in the Lungs and a Spitting of Blood, along with a Symptomatic Fever, cured by* James's Powder, *&c.*

JOHN MILLS, a bricklayer, aged 54, admitted an out-patient at the York County Hoſpital, April 4, 1785, got a hurt ſome time ago on his left ſide, after which he had a very bad cough, a violent pain in his breaſt, and a large and ſudden diſcharge from his lungs of blood and purulent matter; which ſymptoms ſtill continue, along with feveriſhneſs and conſtant ſoreneſs inwardly. His cough at preſent is very troubleſome in the night, and his breathing ſuddenly ſhort and laborious, particularly about five or ſix o'clock in an evening, at which time too the pain and uneaſineſs in his breaſt is the worſt.

Before his late accident, which was followed by the diſcharge of blood and purulent matter, his breathing was conſtantly ſo difficult that, when walking, he was often obliged to ſtop for breath, and felt within himſelf as if he were going to fall down. Since that diſcharge he can

walk a little better, but all exerciſe is ſtill performed with the greateſt difficulty. His body is regular; face pale and ſallow; voice weak; pulſe quick, ſmall, and feeble. He has a ſevere pain in his left ſide about the hypochondriac region, which is increaſed by ſtooping, and by lying down upon it, on which account he reſts chiefly on his back or right ſide. The pain of his left ſide is much increaſed when he coughs, ſo that he is obliged to ſupport the part with his hand.—Let him live principally on a milk and vegetable diet, and in mild clear weather go out a little into the open air.

*Sumatur miſturæ ad aſthmaticos uncia una & dimidia ter die; & applicetur emplaſtrum veſicatorium lateri dolenti.*

The 7th. His expectoration is ſtill in large quantity, very bloody and purulent, and his breathing at times ſhort and laborious; but it is now rather eaſier than it was, and his cough leſs violent. His pulſe is quick and weak, and he is ſometimes feveriſh. Body regular. The cough ſtill increaſes the pain and ſoreneſs of his breaſt. His bliſter anſwered well.

*Repetatur miſtura ad aſthmaticos, & ſumatur hora ſomni hauſtus ex Pulveris Jacobi granis ſeptem & Tincturæ Thebaicæ guttis decem.*

The

The 11th. He finds himſelf conſiderably better. His expectoration contains much leſs blood ſince he took James's Powder. His difficulty of breathing, pain, and uneaſineſs in his breaſt ſtill comes on the moſt violently about ſix o'clock in an evening, after which he can bear to lie down with eaſe, and reſts tolerably well in the night. A milk and vegetable diet and gentle walking exerciſe agrees well with him. He thinks his evening draught has been of great ſervice. His body is regular. Feveriſhneſs abated. The pain of his left ſide continues, but is eaſier.

*Repetantur remedia, ſed augeatur doſis Pulveris Jacobi ad grana decem omni nocte.*

The 14th. His expectoration is ſtill bloody and foul, but in leſs quantity, and comes up without much coughing. He can ſtoop and lie down with greater eaſe. The difficulty of breathing, pain and anxiety in his breaſt continue to return about five or ſix o'clock in an evening. Body regular.

The 18th. His cough is better, but is moſt troubleſome at night; his breathing is free and eaſy; and he expectorates little or no blood. The quantity of purulent matter which he ſpits

is

is leſs, tho' it is ſtill thick and of a dark color. Pulſe frequent, but not ſo weak as it was, and he can now bear to walk half a mile without reſting.

The 21ſt. The matter which he expectorates is ſtill of a dark color, rather bloody and purulent, but in leſs quantity. He can lie better on his left ſide, having a little pain only when he firſt turns upon it. His breathing is free, body regular.

*Continuentur medicamenta, ſed conſtent hora ſomni ſingulæ doſes ex Pulveris Jacobi granis quindecim.*

The 25th. He is conſiderably better; looks clearer in the face; walks frequently in the open air; does not follow any buſineſs to fatigue himſelf. He is rather ſick with his draught, but never vomits it. His expectoration is leſs in quantity, leſs tough, comes up ſtill more eaſily and without any mixture of blood, and he can lie well on his left ſide. His pulſe is ſtronger and not more than 90. Appetite good.

The 28th. He continues to recover. His ſtrength is much improved, ſo that he can now walk two miles without reſting himſelf. His diet conſiſts chiefly of pudding, milk, a little fiſh, and other light things.

May

May 9th. He walked too much ſeven days ago, which has rather increaſed his cough, ſpitting, and pain of his left ſide.

*Mittatur ſanguis ad uncias octo.*

*Repetantur medicamenta; & capiantur cras mane rhei pulverati grana viginti et quinque.*

The 16th. He finds himſelf almoſt well and able to return to his buſineſs; his voice is clear and natural; he ſpits no blood, but coughs up a little white tranſparent phlegm, ſuch as he is generally accuſtomed to do when in health. At this time I cautioned him to lift no heavy weights; to make no long days work; to guard againſt ſudden heats and colds; and ſtill to be cautious in his diet, avoiding full meals, ſtrong liquors, and ſtimulating food.

The 30th. He is free from complaint. Let him be diſmiſſed.

---

This was a very dangerous and alarming illneſs, and, along with his pale ſallow countenance, weak quick pulſe, and hectic fever, ſeemed to threaten a ſpeedy and fatal termination. Before he got the hurt upon his ſide, the obſtruction in his lungs and difficulty of breathing

breathing were the moſt violent, along with a total inability to uſe exerciſe. After his accident, the diſcharge of blood and purulent matter (which he called corruption) came on ſuddenly, and was attended with ſome relief of the complaint in his breaſt; but ſtill the ſymptoms in a leſs degree continued, there being ſevere pains, ſudden and violent ſpaſmodic affections of the lungs, and a large diſcharge of blood and purulent matter.

The Aſthma, in this caſe, is rather to be conſidered as a ſymptomatic than a primary affection. The ſtroke which he got upon his breaſt did not occaſion his diſeaſe, but only haſtened the rupture of an abſceſs in his lungs, and the conſequent diſcharge of blood and purulent matter. When I ſaw him, there was no mark of any external violence to be found where the hurt was received.

With regard to the treatment, he was too weak to bear bleeding; and emetics would have been dangerous. The remedies and regimen ordered were ſo effectual, even beyond my expectation, that I had ſcarce any occaſion to have recourſe to other means. James's Powder in this caſe acted chiefly as a powerful anti-

ſpaſmodic

ſpaſmodic, took off the fever, and promoted perſpiration by cauſing a determination of blood to the ſurface of the body. The tinctura thebaica aſſiſted its ſalutary action by diminiſhing irritation, quieting the cough, allaying pain, and abating the ſpaſmodic affection of the air-veſſels. Theſe effects were ſucceſsfully obtained without any heating ſtimulating remedies, which would have been very dangerous in the caſe before us.

In conſequence of a freſh cold got on the 2d of May, I ordered him (as ſoon as I knew of it) to be immediately bled, for he had then recovered his ſtrength, and was able to bear that evacuation. A gentle laxative was alſo preſcribed with the ſame intention. In all caſes of freſh pulmonic inflammation, we regularly obſerve that the greateſt ſucceſs is found to follow a cautious, but vigorous method of cure at its firſt riſe; for after it has got ſtrong hold of the conſtitution, the treatment is much weaker, and conſequently leſs effectual. *

* Vide Page 314, Caſe XXIX.

## CASE XLVI.

*The Convulſive Aſthma, complicated with a Fever, Spitting of Blood, and Ulceration of the Lungs, cured by* James's Powder *and* Tinctura Thebaica.

CHARLES DUNCOMBE, aged 36, admitted at the York County-Hoſpital, September 22, 1785, has a very bad cough, with a purulent bloody expectoration and great difficulty of breathing, particularly on motion. His difficulty of breathing comes on ſuddenly at five or ſix o'clock in a morning, and continues for an hour or longer. His body is regular, pulſe low and quick, and he is thin and pale in the face. The greateſt ſenſe of oppreſſion and uneaſineſs ariſing from his complaint ſeems, according to his own account, to lie chiefly at the pit of his ſtomach. The week before laſt, he diſcharged from his lungs at different times above forty ounces of blood, but that diſcharge is now much abated. His appetite is bad, legs ake, nights very indifferent, expectoration yellow and in large quantity. He has often a ſevere pain under the breaſt-bone, which is increaſed by his cough. Laſt April he got a ſtrain with piling deal boards, which

firſt brought on his complaint, and he has never been free from it ſince, but he has been much worſe for theſe laſt five weeks.

*Sumatur miſturæ ad aſthmaticos ſequiuncia ter die—& hauſtus anodynus ex Pulveris Jacobi granis novem & tincturæ thebaicæ guttis viginti omni nocte hora ſomni.*

The 26th. He finds himſelf much better. He ſtill ſpits a conſiderable quantity of thick yellow matter, but with little or no mixture of blood. His cough and difficulty of breathing are much diminiſhed; appetite improved; nights tolerably eaſy; body regular.

The 29th. He finds himſelf very much recovered. The matter which he expectorates is ſtill thick, yellow, and opaque, but not near ſo much in quantity as before. His breathing is eaſy and natural, and he is free from the pain of his breaſt. His fits of difficult breathing, which came on in a morning, are now entirely removed; body regular; appetite good; pulſe low, but ſoft and natural; and he reſts well at nights.

October 3d. He is free from complaint. Let him be diſmiſſed.

## CASE XLVII.

*The Convulsive Asthma, complicated with an Intermittent Fever, followed by purple spots on the skin, and bleedings from the nose and gums, cured by the* Peruvian Bark *and* Flowers *of* Zinc.

ISABEL TAYLOR, aged 35, admitted a patient at the York County-Hospital, March 16, 1780, of a middle size and spare habit, has had an Asthma nine weeks, which used to attack her every night about twelve o'clock, and continue without any mitigation of its symptoms till she rose in the morning. Her difficulty of breathing during the fit was so violent, that she was forced to sit up in bed, not being able to bear a recumbent posture. Her pulse was small, but rather hard, and her expectoration difficult.—For those complaints she attended some days at my Dispensary, and, at different times, was ordered to keep her body regular with a mixture of soluble tartar—to lose eight ounces of blood—to take an emetic, the Zinc pills *, and an anodyne draught at bed-time with twenty drops of tinctura thebaica.

From

* Vide p. 249.

From thoſe remedies ſhe found great relief, ſo that her Aſthma now does not come on till two o'clock in the morning, and laſts only about an hour or two, but with this material difference, that it is attended with a regular attack of the ague, which begins with coldneſs and trembling, followed by a hot and ſweating fit. This complicated malady of the aſthma and quotidian intermitting fever has come on every night for five nights paſt, which has greatly weakened and harraſſed her conſtitution, and made her appear thin and emaciated, with pale lips and a pale ſallow complexion. Her body is not bound, ſkin dry, expectoration difficult, appetite bad. She had her menſes about a fortnight ago, which are regular as to time, but generally in ſmall quantity. Her pulſe is ſtill rather hard, but ſmall and quick. She is ſubject at times to a pain in her breaſts, which ſhoots from one ſide to the other. She thinks her diſorder aroſe at firſt from cold in conſequence of having her feet wet, to which ſhe is not accuſtomed.

R. *Corticis Peruviani Pulveris unciam unam,*
*Syrupi ſaccharri quantum ſatis.*

*Miſce, fiat electarium, omne inter paroxiſmos, partitis vicibus, ſumendum.*

*Capiat julepi cardiaci unciam j. in languoribus.*

The

The 20th. She continues to look very ill and yellow in the face. She has only had one attack of her ague ſince the 16th inſtant, with which her aſthma came on as uſual during the cold fit. She has taken an ounce of the Bark every twenty-four hours, and it has agreed well with her ſtomach. Since her aſthma and intermitting fever were ſtopped, ſhe coughs conſiderably, and is ſick in a morning, but gets up little or no phlegm. She has had, for three days paſt, a return of the pain in her breaſts, ſhooting as before from one ſide to the other. Her body is regular, pulſe quick, ſkin ſoft, and ſhe has leſs thirſt upon her.

*Repetatur julepum cardiacum; & ſumatur, alternis diebus, electarium Corticis Peruviani.*

The 23d. Her medicines agree well with her, and ſhe finds herſelf much better. Her breaſts feel ſore, but the pain in them is greatly abated. Her cough, though at times ſtill troubleſome, is attended with a free expectoration. She has had no returns of her aſthma and fever, but complains of being coſtive.

*Continuetur ut antea julepum cardiacum, & ſumatur, tertio quoque die, electarium Corticis.*

*Capiat hora ſomni pilulas Ruſi tres quando alvus aſtricta ſit.*

The

The 27th. She has taken her medicines regularly as ordered, and upon the whole finds herſelf conſiderably better. She complains today of a pain at her ſtomach, which is increaſed by her cough. She has had no return of her fever; but, for theſe two nights paſt, has had a ſlight attack of her aſthma at one o'clock in the morning, which laſted about a quarter of an hour, and then terminated with the expectoration of a little phlegm of a bluiſh caſt. Her body is open with the pills, pulſe natural, tongue clean, ſkin cool.

*Applicetur emplaſtrum veſicatorium ſcrobiculo cordis.*

*Repetatur ut antea julepum cardiacum, & ſumatur electarium Corticis quarto quoque die.*

The 30th. Since the application of the bliſter, the pain is removed from her ſtomach to her right ſide juſt about the ſhort ribs. She has had no return of her fever or aſthma, but has been affected with ſickneſs for theſe two or three laſt days. Her electuary, however, agrees well with her, and ſhe was never ſick with it except after the firſt doſe. She has a tickling troubleſome cough, which ſometimes excites a pain in her left ſide.

April

April 3d. She had a return of her fever three days ago, and it laſted twenty-ſix hours. It came on without any ſenſible cold fit; but after the hot fit, ſhe ſweat conſiderably, which evacuation (to uſe her own words) had a diſagreeable ſmoky ſmell. This fit of the ague was not accompanied with any aſthmatical ſymptoms. Her throat felt ſore from a cold, which ſhe had got the day before this laſt attack of her fever. When the fever abated, ſhe had a copious ſediment in her urine, ſince which her appetite has been improving, her pulſe is ſtronger, and her lips of a better color. The weather is wet and ſtormy, and her cough is ſomewhat increaſed by cold. Her body is kept regular by the occaſional uſe of two or three opening pills.

*Repetatur, ut antea, julepum cardiacum & ſumatur electarium Corticis tertio quoque die.* *

The 6th. The weather is very cold, and there is ſnow on the ground. She has had no return of her ague or aſthma, but her cough continues. She obſerves at times a ſmall red eruption diſperſed over her body, which itches conſiderably, but ſoon diſappears again. She has

* As the Ague returned, I was obliged to order the Bark to be again taken every third day, and omitted only two intermediate ones.

has had no menſtrual diſcharge for ſeven weeks paſt, tho' ſhe was before regular as to time, but not in ſufficient quantity. Her body is open with the pills. She has had ſome return of pain in her breaſts. Her medicines agree well with her.

The 10th. The weather at preſent is ſevere and froſty, and ſhe has got a freſh cold, which has increaſed her cough and expectoration. She has no aſthma or intermittent fever. Three pills every other night keep her body open.

*Omittatur electarium Corticis.*

*Sumantur ter die unciæ duo decocti mucilaginoſi, & continuentur pilulæ Ruſi duo vel tres alternis noctibus.*

Afterwards ſhe had no more returns of the ague, but had now and then a ſlight fit of the aſthma, ſometimes every night, and ſometimes every ſecond or third night, which was eaſily removed by having recourſe again to the Zinc pills. — On the 27th, when her pulmonary complaints were entirely gone except a little tickling cough, a raſh appeared, chiefly on her arms, ſhoulders, and back, conſiſting of ſmall red ſpots, hot and burning, a little raiſed above the ſkin, and ſpread almoſt univerſally over her body, which itched conſiderably, and, after

having continued ſome hours, diſappeared, but ſoon returned again.—On the firſt of May, ſhe complained of ſickneſs, head-ach, and bleeding at the noſe and gums. The raſh above-mentioned continued, but with an evident mixture of purple ſpots, called by Phyſicians *petechiæ*. They were ſmall, of a dark livid color, moſt numerous on her breaſt, not riſing above the ſkin, nor changing their color on preſſure. Pulſe natural. Great proſtration of ſtrength.—For thoſe ſymptoms ſhe took a ſtrong decoction of Bark; and her body was kept regular with the pil. Rufi.

She had formerly lived chiefly on tea, broth, bread with freſh butter, and a little freſh meat at noon, but had eat no ſalted proviſions.—Potatoes and milk diſagreed with her, and ale and beer made her feveriſh.

The raſh, bleedings at her noſe and gums, and purple petechial ſpots continued to recur for many weeks, but at laſt were cured by a ſteady perſeverance in the remedies above mentioned, along with pure air, great cleanlineſs, gentle exerciſe, and an antiputreſcent diet. Towards the latter end of the complaint, as her ſtomach could not bear the decoction of Bark,

Bark, I ordered in the place of it Huxham's tincture. All this time ſhe had no return of her ague, and her breathing was perfectly free and natural, but ſhe had ſeveral attacks of the rheumatiſm in her ſides, ſhoulders, legs, thighs, &c. without any ſwelling or redneſs of the parts affected.

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Iſabel Taylor firſt attended upon me at my Diſpenſary for ſome days before ſhe was admitted a patient at the York Hoſpital. Her aſthmatic fits then began at twelve o'clock at night, and continued till morning with great violence. As her pulſe was not weak, and ſhe had had no aguiſh ſymptoms, one bleeding was thought adviſeable, and it was of uſe to her in diminiſhing the ſeverity of the fits. The flowers of Zinc likewiſe were very efficacious in obviating the ſpaſms of the lungs.

Afterwards a quotidian intermitting fever ſupervened on the aſthma, which ſoon altered her complexion, rendering it pale and yellow, and weakened her conſtitution in a very rapid manner. I then made her an out-patient at the Hoſpital, where, as ſhe was already well prepared for it, ſhe was immediately ordered to

take an ounce of the Bark in the intervals of the fits, which, as her diſorder returned every twenty-four hours *, was as much as her ſtomach could bear. As the aſthmatic fit came on with the intermittent, I was in hopes by this method to cure effectually both diſorders at once, and more eſpecially as it is well known, that, if the Aſthma recur periodically without a fever, the Bark, when given in ſufficient quantity, will ſometimes put a ſtop to it. As the Bark agreed well with her ſtomach, and had a good effect, I never altered the mode of its exhibition, but (as appears from the preſcriptions) omitted it day after day, till it became unneceſſary to continue it any longer.

It is a great error for a patient in an ague to omit the Bark too ſoon, eſpecially if he lives in the ſame low ſituation, where the diſeaſe was firſt contracted; for in that caſe the ſame cauſe, marſh effluvia, (which are vapors ariſing from marſhy grounds) continues to act; and if the conſtitution be not properly ſupported by diet and tonics, the ague will often return. But if the

* The Bark is often given in Agues with as good, if not a better effect in the night than in the day, as there are then no meals to interfere with the uſe of it. The patient ſhould drink ſome thin diluting liquor after each doſe.

the patient have an opportunity of changing the air, and living in a dry elevated part of the country, much leſs Bark will generally be ſufficient; a fact of great conſequence to thoſe with whom that remedy, when given in large quantity, is found to diſagree.

In the cure of intermittents, it is neceſſary to caution patients againſt keeping themſelves too cloſe and hot, when the cold fit is going off; for by this means the ſweating fit is much diminiſhed, the ſtrength of the conſtitution preſerved, and conſequently internal obſtructions prevented. Iſabel Taylor found that, when ſhe lay cool during the hot fit, ſhe avoided profuſe ſweats, which otherwiſe came upon her and weakened her much.

After the intermittent was entirely ſtopt, there were ſtill ſome remains of her Aſthma; for the more ſpeedy removal of which I again preſcribed the Zinc pills. Theſe produced a ſlight degree of nauſea, tho' given in a doſe of a few grains only, and had a very good effect.

Some time after, a violent raſh came out, conſiſting of ſmall red pimples, diſperſed in different places over her body, followed by a great number of purple ſpots, which were evidently petechial,

petechial, attended with bleedings at the noſe and gums,—certain ſymptoms of a diſſolution of the blood. The firſt eruption was critical and ſalutary, and followed by an alleviation of other complaints; but the latter was ſymptomatic of the putrid tendency of the fluids. As there was little or no fever along with the petechial ſpots, and as all her other complaints were nearly removed, I was leſs alarmed at this new diſeaſe. Fevers of different ſorts, and intermittents among the reſt, are often obſerved to injure the texture of the blood in this way *, tho' ſometimes indeed petechial ſpots, as I have ſeen in ſeveral inſtances, will appear without any evident fever having preceded †. I had an example of this a few months ago in a young Lady about eleven years of age, in whom there were hundreds of purple ſpots, which all came out nearly in one night. Her noſe too at times bled profuſely. Mrs. ———, in the neighbourhood of York, had likewiſe a great number of petechiæ of a very obſtinate nature, when ſhe was pregnant of her laſt child, along with a moſt ſevere pain in

* Vide Pringle's Obſervations, page 287.——Monro on the Diſeaſes of Military Hoſpitals, p. 1.—Cleghorn on the Diſeaſes of Minorca, p. 147.

† Vide Duncan's Caſes and Obſervations, p. 90.

in one ſide of her upper jaw *. She had too a very dangerous diſcharge of blood from her noſe; and at another time a great quantity of the lochia after delivery. Thoſe hemorrhages and petechial ſpots aroſe from a diſſolved ſtate of her blood.

For this complaint of Iſabel Taylor, I preſcribed a ſtrong decoction of Bark, and recommended chiefly a vegetable diet †, along with the moderate uſe of cordial antiputreſcent liquors. She could not take the Bark again in ſubſtance, otherwiſe I ſhould have preſcribed the powder in preference to the decoction. The decoction being at laſt too ſtrong for her, I was obliged to have recourſe to the tincture, which was given till the cure was compleated. She found great benefit in this diſeaſe from being much in the open air. Many of the poorer ſort of people injure their health very materially

* This pain returned every four or five minutes both day and night without intermiſſion, although every tooth in the diſeaſed part had been drawn before I ſaw her.

† As her ſtomach was very weak and ſhe was accuſtomed to have a little freſh meat at noon, and as it was evident the diſſolved ſtate of her blood did not ariſe from her diet, but from the fever and diminiſhed tone of her fibres, I was not ſtrict in forbidding it, nor perhaps could ſhe have followed my advice if I had.

rially by living in a close confined atmosphere. They err even in this respect much more than they are obliged to from necessity; for they absurdly think it dangerous to have a door or window open during any illness; and thus to shun a less evil, they fall into a greater, and in no complaints more certainly, than in those in which the blood is in a dissolved and putrid state.

It is worth observing that on the 18th of May she was feverish, and had a lax upon her, after which there was a fresh appearance of purple spots, so great was the effect even of that short return of fever. It was near two months from first to last, before those purple spots were entirely removed; for as some died away, others appeared. The young Lady above mentioned of eleven years of age was cured in less than a week. I have seen several cases in which they have continued three or four weeks. In Mrs. ——'s case the petechiæ have continued to come and go for years, altho' she has lived in the country, and used the most antiputrescent diet, along with cool fresh air, regular exercise on horseback, the Bark in substance, elixir of vitriol, and many other powerful antiscorbutic remedies.

The

The ſweat mentioned in the caſe of Iſabel Taylor, which followed the intermittent fever on the firſt of April, had a very particular diſagreeable ſmell, which probably aroſe from the impure ſtate of her blood. This ſymptom is worthy of attention, with a view to diſcover how far it may occur in ſimilar caſes of putreſcency. It preceded the appearance of the purple ſpots about a month.

The different types too, which the Aſthma aſſumed after the intermittent fever was ſtopt, afford matter of curious obſervation; for ſometimes it came on every night, ſometimes every other night, and ſometimes it miſſed two whole nights before it returned, and thus was, at different periods, a quotidian, a tertian, and a quartan. Her complaint was ſaid at firſt to have ariſen from cold, in conſequence of having her feet wet, which is a common exciting cauſe both of aſthmas and intermittents, and eſpecially in ſuch as have weak and delicate conſtitutions, who ſhould always be very attentive to keep their feet dry.

## CASE XLVIII.

*The Convulsive Asthma, complicated with a Spitting of Blood, and a Quotidian Intermittent Fever of three months ſtanding, cured by the* Peruvian Bark.

THOMAS SMITH, aged 34, admitted at the York County Hoſpital, May 11, 1780, is troubled with a violent cough, ſtuffing in his breaſt and difficulty of breathing, which laſt ſymptom comes on ſuddenly, and is at times very ſevere. His cough is attended with an expectoration of phlegm, mixed with blood. This complaint in his lungs is complicated with a quotidian ague of three months ſtanding, but which is not quite regular as to the time of its attack. His pulſe is weak—his countenance pale, yellow and depreſſed—and his legs and feet much ſwelled, particularly in an evening. He is a ſailor, and has been formerly addicted to the free uſe of ſtrong liquors. After taking a doſe of rhubarb to open his body, he began with the following remedy.

R. *Corticis Peruviani Pulveris drachmas decem, Syrupi pectoralis quantum ſatis.*

*Fiat electarium omni die inter paroxiſmos ſumendum.*

The

The 15th. He has had no return of his ague; his difficulty of breathing is somewhat easier; his cough less violent; and his spitting of blood diminished.

*Repetatur ut antea Electarium Corticis, alternis diebus sumendum.*

The 18th. He has had no return of his ague, and all his asthmatical symptoms continue easier, except his cough, which is still violent. His body is regular, and his legs are less swelled in an evening.

The 22d. His cough continues severe, and his pulse is low. He has had no return of his ague; spits no blood; appetite better; strength improved.

*Repetatur electarium tertio quoque die.*

The 25th and 30th. He continues to recover. His cough is better, and the swelling of his legs much abated.

June 5th. He has had no return of his ague, but the swelling of his legs is not yet entirely gone.

*Repetatur electarium quarto quoque die.*

*Sumat ter die misturæ diureticæ uncias duas.* *



* Since the discovery and publication of the use of Tobacco in dropsical cases, by my worthy and learned friend Dr. Fowler, of Stafford, I have given an infusion of that remedy as a diuretic, in such cases as this, with great success.

The 16th. He has no complaint, looks fatter and clearer in the face, his legs do not ſwell, and his cough has entirely left him. He was then diſmiſſed cured, being adviſed to continue his electuary a little longer by way of preventing a relapſe.

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The diſeaſe of Thomas Smith is one which affords a ſtriking example of the good effects of the Peruvian Bark, given in large quantity, in a very critical and dangerous caſe; but there was no other chance for the ſafety and recovery of the patient. Had the diſorder been properly treated in its early ſtage, the cure in all human probability would have been eaſy and certain. But when I ſaw him, he had a very bad catarrh and ſpitting of blood, along with evident ſymptoms of a convulſive affection of the lungs, which was particularly troubleſome during the cold ſtage of the fever. His intermittent attacked him every day, and was of three months ſtanding, which had greatly reduced his conſtitution, rendered his countenance pale and yellow, and brought on dropſical ſwellings of his legs and feet.

In

In this dangerous and melancholy ſtate, as there was no time to be loſt, the Peruvian Bark was given in ſubſtance and in large quantity during the intervals of the diſeaſe; for if the intermittent had not been cured, inevitable death muſt in a ſhort time have been the conſequence. It was impoſſible, when I firſt ſaw him, to relieve the complaint at his breaſt, unleſs I could put a ſtop to the fever; and no remedy appeared to me ſo likely to perform a cure in this caſe as the Peruvian Bark, which therefore was ordered in large doſes, frequently repeated, notwithſtanding the catarrh, the ſpitting of blood, difficulty of breathing, and other aſthmatical ſymptoms. Had the Bark been given in ſmall doſes, or in decoction or infuſion, it might have done the patient harm, without the moſt diſtant probability of curing the intermitting fever. He had ten drams of the powder of Bark made into an electuary, and he was ordered to take two or three teaſpoonfuls to a doſe, and repeat it as often as his ſtomach could bear it, till the whole was conſumed in the interval of the diſeaſe. The manner of continuing the remedy at firſt till the ague was ſtopped, and the gradual method of leaving it off, was ſimilar to that which was adopted in the preceding caſe. The largeſt and moſt frequent

quent doſes of the Bark in both inſtances were adviſed to be taken as near as poſſible to the return of the fever. Through the whole of the cure the patient was directed to be well ſupported with proper nouriſhment. By this treatment, his ague was ſtopped in two or three days, and a relapſe likewiſe prevented. The Bark at the ſame time proved an excellent antiſpaſmodic, relieved the convulſive affection of the air-veſſels of the lungs, and gave tone and vigor to the whole conſtitution. The cough, and ſwelling of his legs, were the laſt ſymptoms which left him. He was then diſmiſſed, and had along with him four pots of his Bark-electuary, which he was ordered to take at proper intervals. On this occaſion it will only be doing juſtice to our Hoſpital to add, that the Bark (as well as every other remedy) is always the beſt that can be procured, and that thoſe Gentlemen, who provide us with it, never diſappoint us in its genuine goodneſs. We have had a great many intermittents at the Hoſpital of late years, and the beſt Bark, whether of the common or red ſort, ſeldom or never fails to remove them, unleſs there is ſome incurable chronic diſeaſe, as a dropſy or conſumption, complicated with them. Without medical aid, this patient, provided his conſtitu-

tion

tion could have ſupported his complaints a while longer, would moſt probably have fallen into an incurable conſumption; for his cough and difficulty of breathing were very violent, and the phlegm which he got up was mixed with blood, if not with purulent matter. I have often obſerved agues to be accompanied with very bad coughs and conſumptive ſymptoms, which, although not at firſt brought on, were certainly increaſed greatly by the patient's being kept very cloſe and warm, and his whole frame weakened and relaxed by profuſe ſweats after the cold fit of the ague.

## CASE XLIX.

*The Convulſive Aſthma, complicated with a Tertian Ague, and followed by the Influenza, cured by the* Peruvian Bark.

*WILLIAM PRESTON*, aged 16, admitted at the York County Hoſpital, May 23, 1782, has had a tertian ague for a fortnight paſt, which came on after bathing in cold water, when he was previouſly heated with exerciſe. He has likewiſe a violent difficulty of breathing, which attacks him ſuddenly,

denly, and produces a ſenſation of great preſſure over his breaſt, as if (to uſe his own expreſſion) he had a tun weight upon him, ſo that he can then ſcarce breathe. Along with theſe complaints he has a ſevere cough, by means of which he gets up a conſiderable quantity of phlegm, tinged with blood. He is of a thin ſpare habit, his face pale and of a leaden color, pulſe weak, appetite impaired, body bound.

His ague generally comes on at eleven o'clock at night. His oppreſſion at his breaſt and difficulty of breathing, attended ſometimes with ſickneſs and vomiting, is the worſt in the hot fit, after which he ſweats profuſely. He is very heavy and lethargic in the cold fit, having his eye-lids moſtly cloſed. He was deſired to keep himſelf cool during the hot ſtage of the fever, and to be extremely cautious to avoid profuſe ſweats.—For the abovementioned complaints he took an ounce of bitter purging ſalts, a pectoral decoction, and the following draught every night at bed-time.

R. *Julepi cardiaci unciam unam & dimidiam,*
*Tincturæ Thebaicæ guttas viginti,*
*Tartari Emetici ſemi-granum.*

June

June 6th. His ague continues to return every other day. He had it to-day at ſeven o'clock in the evening, and his oppreſſion at his breaſt and difficulty of breathing were very violent, accompanied with ſickneſs and vomiting, but did not laſt quite ſo long as uſual. His cough is rather better, ſpitting ſomewhat abated, body regular, and he does not ſweat much after the hot fit.

*Sumat, in julepo menthæ, pulveris Corticis Peruviani drachmam unam tertia quaque hora.*

The 10th. His powders have agreed very well with him, except the firſt doſe, which he vomited. He has had no return of his ague ſince the 6th inſtant, nor of the oppreſſion at his breaſt. His appetite is good; body regular. He was ſeized the other day with the Influenza along with all his family. His cough is increaſed by it, but he ſpits freely.

The 24th. He continued the Bark till the 15th, gradually diminiſhing the quantity, and then took an ounce and a half of the ſpermaceti-mixture three or four times a day. He has at preſent no ague, cough, or difficulty of breathing, and his lethargic ſymptoms have entirely left him.—Let him be diſmiſſed.

We muſt take notice here of the mode in which the Aſthma came on, giving a ſenſation of great preſſure on his breaſt, as if a heavy weight were laid upon him. This is no uncommon ſymptom in Aſthmas, and, when violent and continuing for ſome hours, is not without danger, eſpecially in old, weak, low-ſpirited patients, or in ſuch as have lived faſt, and are groſs and plethoric, having their veſſels overloaded with blood.

Another thing to be remarked is, that this man had the Influenza, which, in the city and neighbourhood of York in the ſummer of 1782, was epidemic in the higheſt degree poſſible. It ſpread by a very active contagion; and generally, tho' not always, ran thro' whole families. The ſeaſon and particular ſtate of the air, no doubt, favored its progreſs, which was uncommonly rapid. It came on like a catarrh, and was attended in its courſe with nearly the ſame ſymptoms. A very frequent exciting cauſe was the imprudent application of cold, which often happens in hot weather, when people grow careleſs of themſelves. The method of cure differed

little

little or nothing at this place from that of a common catarrh. As I had ſeldom fewer at a time than thirty or forty patients in the influenza, I had frequent opportunities of obſerving the effects of the medicines employed. In the caſe of William Preſton there was no ſymptom of any conſequence, except a cough, and that was attended with no pain, and ſcarce any fever. For this reaſon I did not omit the Bark, which he was then taking, and which ſeemed to anſwer ſo well, and more particularly as that medicine was uſeful in ſome caſes of the influenza, when the conſtitution was relaxed and there were no inflammatory ſymptoms. In theſe laſt, blood-letting and other conſiderable evacuations were hurtful. Gentle anodynes at bed-time to quiet the irritation which excited the cough, were ſometimes employed with advantage. *



* Vide page 159, where the treatment of the Influenza is further conſidered.

## CASE L.

*The Convulsive Asthma, complicated with a slow fever of an intermitting kind of twelve weeks standing, cured by the* Bark.

MR. ——, aged 60, November 20, 1785, has had a slow fever hanging upon him for ten weeks past, which is of the intermitting kind, and returns every day, but not at any stated period. His pulse is quick and weak, and his legs swell much in an evening. He has likewise a violent difficulty of breathing which comes on suddenly along with his ague, and is the most severe just after the cold fit. It is followed by a bad cough and an expectoration of phlegm.

His breathing is generally short, particularly on motion, but it is very laborious when the asthmatic fit is upon him. He has great thirst during the time of the fever, and complains of a pain in his breast. Sometimes his difficulty of breathing is very severe, when he has little or no cough. His abdomen is swelled, feels harder than natural, and is painful on pressure. Appetite bad. Costiveness.—For those symptoms

toms he took at firſt an emetic, a gentle doſe of rhubarb and magneſia, and a pectoral decoction with the volatile alkali.

On the 5th of December, as his pulſe grew weaker and quicker, and his ague, though not regular, continued obſtinately to return once in twenty-four hours, attended with a violent difficulty of breathing, I ordered him in the intervals of the fits a bolus, conſiſting of a dram of the Bark, to be taken every third hour, and waſhed down with a cordial draught.

By this treatment his ague was ſtopped in three days, and by continuing a dram of the Bark four times in twenty-four hours, he had afterwards no return of it; and his difficulty of breathing, cough and ſpitting, ſwelling and hardneſs of the abdomen, flying pains, &c. were entirely removed. He left off the Bark about the middle of January. During the time of his taking it, he had two or three doſes of gentle phyſic, which gave him a few looſe ſtools, and relieved the pain, tenſion, and ſwelling of his belly.

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It appears from this, as well as the three preceding caſes, that the Aſthma, when complicated

plicated with a fit of the ague, conſtitutes a very formidable diſeaſe. During the cold and hot fits of an intermittent, the breathing is always ſhort, but this is trifling in compariſon of the other. In one caſe, the breathing, tho' ſhort, is tolerably free, but in the other it is laborious. As the hot fit abates, a moderate ſweat breaks out, the ſpaſmodic affection of the lungs diminiſhes, expectoration becomes eaſier, the breathing natural, and the urine depoſits a lateritious ſediment. The quantity of phlegm which in general is ſpit up in this diſorder, will by no means account for the violent difficulty of breathing which occurs, nor for the ſudden manner in which it goes off. During the fit of an ague, ſpaſms in different parts of the body are very apt to take place. Spaſmodic conſtrictions of the ſkin always occur in the cold and hot fits. I have ſeen regular fits of the colic begin and end with thoſe of an intermittent, which were all cured by the Bark. Even general convulſions have made their attack *. The nervous ſyſtem ſeems at that time to be very ſubject to ſpaſmodic affections. Hence it is not ſurprizing that the lungs, eſpecially when previouſly diſeaſed, ſhould be affected in a ſimilar manner.

The

* Vide Boerhaave's Aphoriſms and Van Sweiten's Commentaries.

The caſe of Mr. —— had all the characteriſtic marks of the convulſive Aſthma. His difficulty of breathing came on by fits, which returned at certain intervals, and, from their violence and the ſhortneſs of their duration, could poſſibly be attributed to no other cauſe but ſpaſm. I mention theſe facts here more particularly, becauſe this is a diſeaſe which is apt to be overlooked, unleſs the practitioner is very pointed in his inquiries concerning the mode of its attack and of its termination. Every one muſt obſerve that the lungs are much affected, but the nature of the affection is not always ſo clearly underſtood. I have had many caſes of this kind under my care, and have always found the Bark very ſucceſsful. The vulgar notion, that the Bark increaſes all difficulties of breathing by occaſioning ſtrictures on the breaſt, is perfectly groundleſs; for in theſe caſes it is not only ſafe, but is the moſt effectual means of curing the diſeaſe, and of preſerving life.

FINIS.

The case of Mr. —— had all the characteristic marks of the convulsive asthma. His difficulty of breathing came on by fits, which returned at certain intervals, and, from their violence and the shortness of their duration, could possibly be attributed to no other cause but spasm. A question these facts here more particularly, because this is a disease which is apt to be overlooked, unless the practitioner is very pointed in his inquiries concerning the mode of its attack and of its termination. Every one must oblige [illegible] the lungs are much affected, but the [illegible] affection is not always to clearly understood. I have had many cases of this kind under my care, and have always found the Bark very successful. The vulgar notion, that the Bark increases all difficulties of breathing by occasioning strictures on the breast, is perfectly groundless, for in these cases it is not only safe, but is the most effectual means of curing the disease, and of preserving life.

15 67 FEB

PLINIUS.

AN

# ALPHABETICAL INDEX

## Of the Preſcriptions uſed in the preceding Treatiſe, as well thoſe which are extemporary, as thoſe of the York County-Hoſpital.

IT was the intention of the Author to have publiſhed thoſe preſcriptions out of the Diſpenſatory of the York County-Hoſpital, which are mentioned in the foregoing caſes; but this he now finds would be a needleſs addition to his work, as there are already publiſhed among the caſes ſo many extemporary preſcriptions, which either are the ſame as thoſe of the York County-Hoſpital, or ſo very nearly reſemble them, that the difference is not worth notice. For the convenience, however, of the Reader, there is ſubjoined an Alphabetical Index of the preſcriptions which are already publiſhed in this Treatiſe, and likewiſe of thoſe out of the York Hoſpital Diſpenſatory, with an occaſional explanatory note where neceſſary, or with a reference to a ſimilar preſcription among the caſes.

*Of the* EXTEMPORARY PRESCRIPTIONS.


Bolus e Caſtoreo —— —— —— 378
ex Floribus Zinci — —— 180, 205
e Moſcho —— —— — 377

Collyrium cum Saccharo Saturno — — 179
Decoctum Corticis — — 289
Lignorum — — 236
Mucilaginosum — — 222
Electarium Corticis — — 413
Saponaceum — — 192
Solutivum — — 205
Haustus Cardiacus cum Flore Zinci — 308
— — cum Tartaro Emetico — 432
Infusi Amari cum Flore Zinci — 192
Senæ purgans — — 173
Senæ pro infantibus — — 231
Infusum Corticis — — 174
— cum pulvere Corticis — 238
Rhei — — 173
Julepum e creta cum Tinctura Thebaica — 290
Lohoch Spermatis Ceti — — 179
Mistura Anodyna pro infantibus — 246
ex Aceto Scillitico & Oxymelle Scillitico 271, 362
Asæ fœtidæ — — 387
Cardiaca — — 178
— cum Aqua Menthæ Piperitidis simplici — — 291
— cum Flore Zinci — 172
cum oleo Ricini & syrupo Violarum 245
cum oleo Olivarum & syrupo e Meconio 241
Moschi — — 373
Oleosa cum spiritu Cornu Cervi — 396
Salina — — 240
Spiritus Mindereri — — 229
ex Syrupo & Mucilagine — 254, 328

Mistura

Miſtura cum Syrupo, Mucilagine, & Tinctura Thebaica — — — 295
Tartari Emetici pro infantibus — 255
Pulvis Mercurii dulcis — — 241
Zinci — — — 229, 245
Pilulæ Aſæ fœtidæ — — 387
Mercuriales — — — 289
Zinci * — — — 249, 257

*Of thoſe uſed at the* YORK COUNTY-HOSPITAL.

Balſamum Glycyrrhizæ
Collyrium commune
Decoctum Corticis — — — 289
Mucilaginoſum — — — 222
——— cum Julepo e Camphora †
Electarium Corticis — — 413
Cremoris Tartari ‡
Solutivum — — — 205
Emulſio Oleoſa nitrata
Hauſtus Anodynus §
Emeticus ** —
Senæ purgans — — — 221
—— pro infantibus — — 231

Julepum

* The firſt, which are warmer, were uſed in cold and weak conſtitutions, where a ſtimulus was neceſſary. In other caſes, the latter were preferred, which were of a leſs ſtimulating nature.

† *R.* Decocti mucilaginoſi uncias duode[illegible]
Julepi e camphora uncias qua[illegible]

‡ *R.* Cremoris tartari unciam unam,
Mellis optimi vel ſyrupi communis quantum ſatis.

§ This draught contains twenty drops of Tinctura Thebaica.

** This draught contains fifteen grains of Ipecacuan.

Julepum e Camphora
Cardiacum cum Confectione Cardiaca 178
e Creta
Menthæ
—— cum Confectione Cardiaca 291
Moſchi
ex Spiritu Nitri dulci
Lohoch ſanans —— —— —— 179
Miſtura ad Aſthmaticos vel cum Aceto ſcillitico
Cardiaca —— —— — 178
Diuretica *
Mucilaginoſa
Nitroſa
Pectoralis
Purgans †
ex Spermate Ceti
Spiritus Mindereri cum Julepo e Camphora
Tartari Emetici ‡
—— —— pro infantibus —— 255
ex Tinctura Roſarum
Pilulæ Florum Zinci —— —— 249, 257
Tinctura Laxans —— —— — 358

* R. Salis diureticæ drachmas tres,
Aquæ fontanæ uncias ſeptem,
Spiritus vini Gallici unciam unam,
Syrupi ſimplicis quantum ſatis. Miſce.

† This mixture is made up in the common way with the infusion of ſena, manna [illegible] falta.

‡ [illegible] duo,
[illegible] ſeptem,
Tincturæ aromaticæ drachmas ſex,
Syrupi ſacchari drachmas tres. Miſce.

BRITISH MUSEUM 15 FEB 67

*Lately publiſhed by the ſame Author,*

1. Obſervations on the Uſe and Abuſe of Medicine. Price 4s. ſewed.

" It is with pleaſure we can ſay, in reſpect to the execution of the work before us, that it exhibits undoubted proofs of an accurate and extenſive acquaintance with the ſcience of medicine, eſpecially in the improved ſtate in which it is now taught in the Univerſity of Edinburgh. It may indeed be thought, that it is too excluſively calculated for the meridian of that place, the greateſt part of its authorities being derived from thence, and its language ſpeaking the peculiar tenets of the Cullenian School. The Writer has, however, in general, kept ſufficiently clear from hypothetical reaſoning, and has delivered himſelf in a ſtile, not only correct but elegant.—— His obſervations are claſſed under the following heads of inquiry. 1. Of Blood-letting. 2. Of Emetics and Purgatives. 3. Of Sudorifics. 4. Of Bliſters. 5. Of Stimulants. 6. Of Sedatives. 7. Of Tonics or Strengtheners. All theſe afford a variety of remarks, which may prove inſtructive not only to the tyro, but to thoſe who are far advanced in the ſtudy and practice of medicine."

*Monthly Review for April, 1777.*

2. Obſervations on Chronic Weakneſs, which comprehends Indigeſtion, Weakneſs of the Stomach and Bowels, and general Relaxation. Price 2s. 6d.

" Though Chronic Weakneſs is confeſſedly the origin of a great variety of diſorders, it has hitherto never been treated by medical writers with that degree of attention and accuracy which the importance of the ſubject [illegible] An attempt, therefore, to inveſtigate the nature of this indigeſtion, ſo prolific of numerous and ſtubborn complaints, cannot fail of being highly acceptable to thoſe who wiſh the advancement of phyſical

physical knowledge, especially when it is executed by one who has had great experience in the history and cure of the disease. Our Author's observations, relative to the therapeutic management of the disease, though not new, are judicious and well founded; and from the present, as well as a former specimen of his medical discernment, we entertain no doubt, that what he proposes to write hereafter on other chronic complaints, to which this treatise is a prelude, will afford equal satisfaction, if not additional information to the faculty."

*Critical Review for July*, 1777.

"Sensible and judicious remarks on the proximate causes, symptoms, and method of cure, of a general debility of the nervous system, written, as it seems, by way of introduction to future tracts on particular chronic complaints."

*London Review for October*, 1777.

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## ERRATA.

P. 46, l. 4 of the note, for *town*, read *York*.

P. 145, l. 21, for *duis*, r. *duabus*.

P. 173, l. 1, for *tres*, r. *tria*.

P. 259, l. 16, for 1781, r. 1782.

15 67 FEB